



City of
Rockville
Get Into It

Recreation Guide

Department of Recreation and Parks
Winter 2013-14



**Preschoolers build
self-confidence
through play.**

See page 6

**Look inside for
Preschool through
Senior Programs**

**Resident
Registration
begins
December 5**

www.rockvillemd.gov/recreation • 240-314-8620



Power Sculpt
PAGE 33



School's Out!
PAGE 13



Deep Water Workout
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ROCKVILLE IS REGISTERED AS A "LET'S MOVE!" CITY

This campaign, started by First Lady Michelle Obama, has a national goal of solving the challenge of childhood obesity within a generation.

Programs encouraging healthy living for children are designated in this guide with a Let's Move! logo.

Go to www.letsmove.gov for more information.



BEHIND THE COVER

Children at Montrose Discovery Preschool learn through play while participating in music, cultural activities, arts and crafts and outdoor time in this year-round licensed program. See page 6 for additional program information.

PHOTO BY: ALICE GREAR
Recreation Program Specialist

WHAT'S INSIDE Choose Your Fun!

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KEY:

Fee = Rockville resident/non-resident

LET'S MOVE! = Healthy programs for youth



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Use your smart phone
for quick access to
our website.

Holiday Open House Series

Glenview Mansion
Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Sunday, Dec. 8
Art, Music and Holiday Cheer

Art Gallery Opening Reception
Rockville Art League Juried Members Show
Awards Ceremony, 2nd Floor | 2 p.m.

Richard Montgomery Madrigals | 1:15 p.m.
Harmony Express | *Men's A Capella Chorus* | 2:15 p.m.
The Encore Singers | 3:15 p.m.

Sunday, Dec. 15
**Children's Sunday with Santa
and Mrs. Claus**

Heavenly Hand Bells of Trinity Lutheran Church
1:15 p.m.
Joy Bodycomb with "JUST TWO"
2:30 p.m.

Sunday, Dec. 22
Music and Merriment
Capital Accord Sweet Adelines | 1:15 p.m.
Heart of Maryland Chorus | 2:15 p.m.
Philomena | 3:15 p.m.

Visit us on Dec. 29 | 1-4 p.m.

*Decorated Mansion and Gallery
Will be open to visitors.*

ALL EVENTS FREE
OPEN TO THE PUBLIC
240-314-8660

Recorded Directions:
240-315-5004



Preschool

We love parents . . . but in order to assist us in offering a quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Abrakadoodle Mini Doodlers

Little ones enjoy exploring and creating art using a variety of media and tools while learning about famous artists past and present. Children will experiment with paints, modeling compounds, pastels and more using high quality art supplies. Note: \$25 non-refundable fee due to instructor at first class. 6 classes

Age: 2-5
45374 M 1/27-3/10 10-10:45 AM \$99/\$105
Twinbrook CRC/Abrakadoodle Staff

Act It Out!

Have an adventure through storybooks in this acting class that uses theater arts to teach children about relevant social issues and character education topics such as respect, truth and peace. Each week, these young actors learn various improvisational theater games, as well as a story they will act out using costumes and props. The actors will present their favorite story the last day of class. 8 classes

Age: 4-6
45211 Sa 1/25-3/15 10:30-11:15 AM \$95/\$104
Thomas Farm CC/CARE Actor Staff

Amigos Play (Adult/Child)

Learn and/or practice Spanish alongside your child through songs, stories, movement and age appropriate interactive language activities. Rosi, the loveable llama class mascot, brings the language alive as we play with colors, shapes and insects! All levels of fluency are welcome. Siblings under 10 months of age may attend for free (no registration necessary). Fee for siblings of enrollment age is \$80. Adult participation required. 6 classes

Age: 1 month - 5 years
45212 F 1/17-2/21 9:30-10:15 AM \$125/\$135
45213 F 1/17-2/21 10:30-11:15 AM \$125/\$135
45913 F 3/7-4/11 10-10:45 AM \$125/\$135
Twinbrook CRC/Correa

Little Stars!

Introduce your little ones to the wonderful world of arts education in this theater class. These young minds will exercise their creativity and imaginations through music, movement, storytime, acting games and art. Each week they will have a mini-art project to take home that relates to the class theme. Note: \$20 materials fee is due at first class. 8 classes

Age: 2-3
45214 Sa 1/25-3/15 9:30-10:15 AM \$95/\$104
Thomas Farm CC/CARE Actor Staff

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$110. Siblings under 8 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 9 months and older to receive a discount. Adult participation required. 10 classes

Age: 1 month - 5 years
45215 W 1/15-3/19 9:30-10:15 AM \$175/\$195
45216 W 1/15-3/19 10:30-11:15 AM \$175/\$195
45217 W 1/15-3/19 11:30 AM-12:15 PM \$175/\$195
Thomas Farm CC/Liddle
45218 Th 1/16-3/20 9:30-10:15 AM \$175/\$195
45219 Th 1/16-3/20 10:30-11:15 AM \$175/\$195
Elwood Smith RC/Winkler
45220 F 1/17-3/21 10-10:45 AM \$175/\$195
45221 F 1/17-3/21 11-11:45 AM \$175/\$195
Kicks Karate/Winkler



Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center. 6-9 classes

Age: 3-4

45227 Sa 1/25-3/15 11-11:45 AM \$69/\$79
Thomas Farm CC/Kwong

Age: 3-4

45222 Sa 1/25-3/22 10-10:45 AM \$80/\$90
Twinbrook CRC/Simpson

Age: 3-4

45226 Sa 1/18-3/1 9-9:45 AM \$59/\$69
45225 Sa 1/18-3/1 10-10:45 AM \$59/\$69
Rockcrest Ballet Ctr./Chongpinitchai

Age: 4-5

45223 Sa 1/25-3/22 11-11:45 AM \$80/\$89
Twinbrook CRC/Simpson

Age: 4-5

45224 Sa 1/18-3/15 9-9:45 AM \$89/\$99
Thomas Farm CC/Baker

Pre-Ballet Dansez Dansez!



Classes are taught in French (translated in English). Basic steps are broken down into small components. Develop poise, self-confidence, good posture, coordination and balance. Tights, leotard and ballet slippers required. 8 classes

Age: 2-3

45228 Th 1/16-3/6 4-4:30 PM \$90/\$105

Age: 4-6

45229 Th 1/16-3/6 4:30-5:15 PM \$90/\$105
Thomas Farm CC/Philippe



Preschool

Tiny Hand Crafts (Adult/Child)

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Children make at least two projects per class. Note: \$24 material fee is payable to instructor at first class. Bring a smock. Adult participation required. 6 classes

Age: 2-6

45230 Th 1/30-3/6 10:15-11 AM \$55/\$60

45231 Th 1/30-3/6 11:15 AM-12 PM \$55/\$60

Thomas Farm CC/Dion

Meet Our Community Services Team!



BACK ROW: Sarah Dickinson, Lynique Murray, Sarah Gicale
MIDDLE: Cynthia Bangali, Maritza Boekhoudt
FRONT: Carlos Aparicio, Mariella Correia, Alfred Thompson, Jim Miller

The Community Services Division monitors and meets the human services needs of Rockville residents. Our staff provides preventative youth after-school and summer programs and free counseling for uninsured children and families.

We also serve as the City's liaison to non-profit organizations in Rockville, lead money management and parenting workshops and provide emergency financial assistance for residents in crisis.

If you have an issue we can help with, we're here for you at 240-314-8310.

Preschool

Child Care

Professional, caring staff with years of experience provide a safe nurturing environment for your child.



Montrose Discovery Preschool

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts, and outdoor time in this year-round licensed program. Experienced staff develop programs designed to focus on social and academic skills necessary for kindergarten, while promoting self-confidence and individual expression. Children must be 3 years old and toilet trained.

The program runs August 26, 2013 through June 6, 2014 with registration ongoing. Visit our website at www.rockvillemd.gov/preschool for a registration form. Call 240-314-8631 to schedule a tour. Vouchers are accepted and additional financial support is available.

Age: 3-5

44312 M-F 8/26-6/6 8 AM-6 PM \$825/\$929

44313 M-F 8/26-6/6 9 AM-12:30 PM \$525/\$609

Montrose CC



MEET

ROCHELLE JOHNSON

PRESCHOOL TEACHER



Rockville resident Rochelle Johnson has worked for the Recreation and Parks Department for over seven years and is currently working at our Montrose Discovery Preschool. She has also worked with Rockville's summer playgrounds and camp programs. Rochelle loves the multi-cultural aspect of the preschool. Her favorite part about her job is meeting all the different personalities and encouraging each child to excel. Rochelle has earned her associate's Degree and her Early Childhood Certificate from Montgomery College.

Learn to Play Tennis: A Sport for a Lifetime

Sign Up for a Free Demo

Register by Jan. 6
spaces limited

Thursday, Jan. 16
5-5:50 p.m. - Ages 5-7

Twinbrook CRC (#45338)

6:45-7:35 p.m. - Ages 8-10

Lincoln Park CC (#45339)

Racquets, nets, balls and court size
designed for kids to succeed.

See pages 8 and 16 for additional
tennis programs for children.



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Birds@The Little Gym (Adult/Child)

Trained instructors combine their expertise in motor skill development with music and group activities to encourage problem solving and risk taking and to establish a sense of independence. Appropriate for both walkers and non-walkers. 9 classes

Age: 10-18 months

45284 W 1/22-3/19 12-12:45 PM \$99/\$110
The Little Gym/Staff

Bugs@TheLittleGym (Adult/Child)

Enjoy music, bonding and fun activities with your child. Explore ways to reinforce positive physical, social and emotional development. Designed for infants, this class will help your child manipulate their body to build confidence and core motor skills. Caregivers welcome. 9 classes

Age: 4-10 months

45285 M 1/20-3/17 11:45 AM-12:30 PM \$99/\$110
The Little Gym/Staff

Funfit Tots (Adult/Child)

Enjoy non-stop fun with active games, songs, parachute play, balls and creative movement. Develop self confidence, motor skills, socialization and reinforce cognitive learning. All abilities welcome. 8 classes

Age: 1-4

45301 F 1/24-3/14 10:15-11 AM \$88/\$99
Thomas Farm CC/Funfit Staff

Funfit Shining Stars

Bring your toddlers and engage in a wide variety of activities such as ball and circle games, dance, fitness and parachute play. Equipment utilized includes hoops, tunnels, balloons, balance beams and much more. Children must be 3 years old at start of class. 8 classes

Age: 3-5

45877 F 1/24-3/14 11-11:45 AM \$88/\$99
Thomas Farm CC/Funfit Staff

Preschool

Hip Hoppers @The Little Gym

Hip, hop and tumble on a variety of gym equipment. The fun never stops as your child learns coordination, rhythm movements and more while making new friends and building confidence. 9 classes

Age: 5-6

45303 M 1/20-3/17 4:30-5:30 PM \$88/\$99
The Little Gym/Staff

Little Ninjas (Adult/Child)

This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. 8 classes

Age: 3-4

45316 F 1/17-3/7 5-5:45 PM \$63/\$72
Thomas Farm CC/Thompson

Tiny Tigers

Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. 10 classes

Age: 3-4

45359 M & W 1/13-2/12 6-6:30 PM \$89/\$105
45360 Tu & Th 1/14-2/13 4:30-5 PM \$89/\$105
Kicks Karate/Staff



Preschool

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Tennis for Toddlers (Adult/Child)

Play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and ground strokes are taught. Equipment is provided. Adult participation required. 6 classes

Age: 4-5

45349 Su 1/26-3/9 11:10-11:55 AM \$69/\$79
Thomas Farm CC/Z. Yargici

Tiny Hoopers

You're never too young to start playing basketball. This program will teach your little one sportsmanship, teamwork and the fundamentals needed to play the game.

Age: 4-5

45891 Tu 2/4-3/11 5:30-6:30 PM \$55/\$60
Lincoln Park CC/Dawkins

Wee Wanna Be (Adult/Child)

Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility training through supervised, non-competitive play sessions. Each child participates at his/her own pace. Sports will change each season. Adult participation required. 8 classes

Age: 2-5

45371 Su 1/12-3/16 10:15-11 AM \$75/\$85
Thomas Farm CC/Wilson



Time for Toddlers

Monday
Morning
Moms

Mondays, 10 a.m.-Noon
Twinbrook Community
Recreation Center
240-314-8830



Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon
Winter Wonderland, Dec. 17
Tiny Hearts, February 11
Thomas Farm Community Center
240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon
Lincoln Park Community Center
240-314-8780



Nature Tots

Alternate Thursdays, 10-11:30 a.m.
One Saturday/month in winter.
(Advanced registration required)
Croydon Creek Nature Center
240-314-8770

Party Time!

Theme Parties

Croydon Creek Nature Center

\$180/\$204 - 10 participants
\$10 each additional child; Max 25
Ages 3 and older
www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Let us be the
site for your
Winter Party!

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Children

A message for parents . . . We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be cancelled 7-10 days prior to first class. Register early to avoid cancellations. For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.

WINTER HAPPENINGS

Pajama Jam Movie Night

Friday, Jan. 10, 7:30–9 p.m.

Twinbrook Community Recreation Center

Watch a P-G movie on our large screen in PJ's.

\$3 per person; no pre-registration required.

Annual Heart-to-Heart Family Valentine's Dance

Friday, Feb. 7, 7–9 p.m.

Twinbrook Community Recreation Center

Enjoy a red hot night! Family and friends spend time together making Valentine's craft, playing carnival games and dancing as a DJ spins musical favorites. Refreshments sold by Twinbrook E.S. PTA.

\$3 per person; no pre-registration required.

Late Night Teen Valentine's Party

Saturday, Feb. 14, 7-10:30 p.m.

Thomas Farm Community Center

Teens, grades 6-9, have the Center to themselves to celebrate Valentine's Day. \$5 per person; no pre-registration required.

Tiny Hearts

Tuesday, Feb. 11, 10 a.m.-noon

Thomas Farm Community Center

Tiny Tots Valentine's special event. Come in your cutest red to play, make crafts and sample light refreshments. Ages 5 and younger, \$2 per child; current membership or day pass for adult.

XOXO After School Valentine's Dance

Friday, Feb. 14, 5:30-7:30 p.m.

Lincoln Park Community Center

Celebrate Valentine's Day with your friends and family.

DJ will spin all the latest songs. Dress in your favorite Valentine's outfit. Refreshments will be sold. \$3 per person; no pre-registration required.

Nature Center Night Out

Friday, March 14, 6:30-9:30 p.m.

Croydon Creek Nature Center

Night hike followed by a campfire and snacks. Nature activities, crafts, games and more! Ages 7-12. \$15 R/\$18 NR



Arts, Dance and Enrichment

Abrakadoodle - Kids on Canvas

New

Learn about painting on canvas paper, canvas board and stretched canvas using acrylics. Get inspired as you learn the techniques, style and vocabulary of such artists as Renoir, Mondrian, Jackson Pollock, Modigliani, Warhol, Sam Francis, Frank Stella and Laurel Burch. Note: \$33 materials fee due to instructor at first class. 8 classes

Age: 6-12

45036 Sa 1/25-3/15 10-11 AM \$99/\$105

Twinbrook CRC Annex/Abrakadoodle Staff

Middle Eastern & Polynesian Dance

New

This introduction to belly dance and hula/Tahitian dance will provide a surprising muscle work out. Tone legs, arms and core muscles while learning basic moves of dance styles from these exotic lands. Class will be half-belly dance and half-Polynesian style. Bring socks and a shawl wrap.

Age: 8-12

45235 Th 1/23-3/13 6:30-7:25 PM \$59/\$69

Twinbrook CRC Annex/DeLuca

Children

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level but it may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Registration is for winter and spring sessions and includes a payment plan option. Ms. Mangan and Ms. Chongpinitchai class participants may participate in the spring recital (#45273). Ms. Baker's class will have an in-class recital on the last day at Thomas Farm CC. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. 12-16 classes

Young Beginner - Age: 6-7

45390 Sa 1/18-5/24 10-11 AM \$159/\$177
Thomas Farm CC/Baker

Young Beginner - Age: 5-7

45391 Tu 1/21-5/27 5:15-6:15 PM \$159/\$177
Twinbrook CRC/Chongpinitchai

Young Beginner - Age: 5-7

45393 Sa 1/18-5/24 11 AM-12 PM \$159/\$177
Rockcrest Ballet Ctr./Chongpinitchai

Beginner - Age: 5-13

45387 F 1/24-5/30 3:45-4:45 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Beginner - Ages 5-13

45385 M 1/27-5/19 3:45-4:45 PM \$119/\$135
Rockcrest Ballet Ctr./Mangan

Beginner - Age: 6-12

45392 Sa 1/18-5/24 12:15-1:15 PM \$159/\$177
Rockcrest Ballet Ctr./Chongpinitchai

Beginner Plus - Age: 6-12

45389 F 1/24-5/30 5:45-6:45 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Intermediate I - Age: 7+

45380 M 1/27-5/19 4:45-5:45 PM \$119/\$135
Rockcrest Ballet Ctr./Mangan

Intermediate I and II - Age: 7+

45383 W 1/22-5/28 3:45-4:45 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Intermediate II & III - Age: 7+

45381 Tu 1/21-5/27 4:15-5:15 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Intermediate III and IV - Age: 7+

45384 W 1/22-5/28 4:45-5:45 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Intermediate III and IV - Age: 10-14

45388 F 1/24-5/30 4:45-5:45 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Advanced Ballet & Pointe - Age: 12+

45382 Tu 1/21-5/27 5:15-6:15 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan

Advanced Young Teens and Pointe - Age: 12+

45386 Th 1/23-5/29 5:15-6:15 PM \$159/\$177
Rockcrest Ballet Ctr./Mangan



DANCE IN THE SPRING
Ballet Recital

Children and teens participating in ballet classes at Rockcrest Ballet Center and Twinbrook Community Recreation Center are eligible to register for the Spring Ballet Recital. (Pre-Ballet registrants not included.) Fee includes admission for family and friends.

45273	Sa	5/31	1 PM	\$35/1 class/week
45957	Sa	5/31	1 PM	\$48/2 classes/week
45958	Sa	5/31	1 PM	\$61/3 classes/week
45959	Sa	5/31	1 PM	\$74/4 classes/week

Children

Gingerbread House (Adult/Child)

Build your own gingerbread house for the holidays. Get creative and learn the tricks of the trade including how to make a chimney out of Snickers. Fee includes one house and decorating supplies. Adult participation required.

Age: 2+
44495 Sa 12/7 10 AM-1 PM \$40/\$45
Thomas Farm CC

Hip-Hop Dansez! Dansez!

Keep movin' and havin' fun! Learn basic hip-hop choreography with a low impact workout with easy- to- learn steps to the latest music. Wear jazz shoes, dance slippers or sneakers. 4 classes

Age: 5-8
45233 W 1/15-2/5 5:15-6 PM \$49/\$55
45234 W 2/19-3/12 5:15-6 PM \$49/\$55
Thomas Farm CC/Philippe

Strummin' for the Youngins'

Learn guitar basics, simple folk songs and bar chords. Bring a fully-tuned acoustic guitar. 6 classes

Age: 9-12
45905 M 1/27-3/10 6-7 PM \$99/\$109
The School of Music/Staff



Before and After School Enrichment

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall and Twinbrook Elementary Schools. The program does not meet on MCPS non-school or early release days.

Age: 5-11
45853 M-F 1/2-2/7 3-6:30 PM \$139/\$159
45854 M-F 2/10-3/21 3-6:30 PM \$139/\$159
Twinbrook CRC Annex



Clubhouse

This drop-in, after school program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale Elementary School. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. Fitness days are incorporated in the program. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m.

Grade: K-5
45046 M-F 1/2-2/7 3:30-6:30 PM \$85/\$125
45047 M-F 2/10-3/21 3:30-6:30 PM \$85/\$125
45048 M-F 3/24-5/9 3:30-6:30 PM \$85/\$125
Lincoln Park CC/Chase



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook Elementary School. The program does not meet on MCPS non-school days. Note: Optional daily drop-in fee of \$10 is available.

Age: 5-11

45848 M-F 1/2-2/7 7-9 AM \$115/\$125

45849 M-F 2/10-3/21 7-9 AM \$115/\$125

Twinbrook CRC Annex/Staff

School's Out!

Looking for something fun to do when school is out? Wear play clothes and tennis shoes, bring lunch and a drink. Participate in crafts, organized games and other fun activities.

Age: 5-11

45845 Tu 1/21 9 AM-5 PM \$25/\$29

Twinbrook CRC Annex/Staff

Twinbrook After School Club

Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents.

Grade: K-5

45894 M-F 1/2-2/7 3:30-6:30 PM \$139/\$159

45895 M-F 2/10-3/21 3:30-6:30 PM \$139/\$159

45896 M-F 3/24-5/9 3:30-6:30 PM \$139/\$159

Twinbrook ES



Children

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Judo for Kids - Beginner

Discover a Japanese martial art which teaches self-control, respect, manners, balance and coordination. Learn a new activity and get moving. Wear loose fitting comfortable clothes. 6 classes

Age: 5-7

45932 Tu 1/14 5-5:45 PM Free Demo

45307 Tu 1/21-2/25 5-5:45 PM \$45/\$53

Elwood Smith RC/Hocde

Karate - Tang Soo Do Youth

Give your child the gift of confidence. This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first-time students. 10 classes

Little Ninjas - Age: 5-7

45308 M & W 1/13-2/12 4-4:40 PM \$89/\$105

45309 Tu & Th 1/14-2/13 5:55-6:35 PM \$89/\$105

Youth - Age: 8-12

45310 M & W 1/13-2/12 (M) 3:45-4:30 PM \$99/\$115
(W) 4:30-5:15 PM

45311 Tu & Th 1/14-2/13 6:15-7 PM \$99/\$115

Kicks Karate/Staff

Kids Fit Yoga

In addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginner and experienced students welcome.

Age: 8-12

45789 Sa 1/4-2/15 10:15-11 AM \$86/\$99

45790 Sa 3/1-4/12 10:15-11 AM \$86/\$99

Rockville Swim and Fitness Center/Groman

REMINDER

Registration and payment are **required in advance** of attending a class.

Children

Kung Fu for Kids

This martial art is a great tool for channeling energy and developing positive growth and focus. It will also increase physical fitness, flexibility, stamina, coordination and self-discipline. 8 classes

Age: 5-10

45312 M 1/27-3/24 6-7 PM \$63/\$72
Elwood Smith RC/Thompson



Mini Cheer

Learn basic beginning cheerleading skills including motions, formations, chants and cheers with simple stunts and dance. Skills build self-esteem, coordination and team work. 7 classes

Age: 6-10

45317 W 1/15-2/26 4:15-5 PM \$59/\$69
Thomas Farm CC/Zagami

45318 Th 1/23-3/6 4-4:45 PM \$59/\$69
Twinbrook ES/Zagami

PE for Homeschoolers

Aimed at helping parents meet the physical education requirements for their home schooled children, this class will focus on creating a healthy lifestyle. The basic fundamentals of different sports and physical activities will be taught with an emphasis on participation, fun and skill development.

Age: 5-15

45752 M 1/6-2/17 1:30-2:30 PM \$56/\$65
45753 W 1/8-2/19 1:30-2:30 PM \$56/\$65
45754 F 1/10-2/21 1:30-2:30 PM \$56/\$65
45780 M 2/24-4/7 1:30-2:30 PM \$56/\$65
45781 W 2/26-4/9 1:30-2:30 PM \$56/\$65
45782 F 2/28-4/11 1:30-2:30 PM \$56/\$65

Rockville Swim and Fitness Center/Yeatman

Pre-Teen Fitness

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training.

Age: 7-12

45755 F 1/10-2/21 6:30-7:30 PM \$70/\$81
45783 F 2/28-4/11 6:30-7:30 PM \$70/\$81
Rockville Swim and Fitness Center/Owen

Tumbling and Tramp

Students will learn a variety of tumbling skills from forward rolls to back handsprings and will progress to more difficult moves as skills are mastered. Trampoline skills, including proper jumping and landing, seat drops and straddle and tuck jump will also be taught.

Age: 4-6

45909 F 1/24-2/28 4:30-5:30 PM \$61/\$70

Age: 7-12

45910 F 1/24-2/28 6-7 PM \$61/\$70
Xtreme Acro and Cheer/Staff

Zumba Fit-Kids

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy/low impact class has something to offer all fitness levels.

Age: 7-12

45756 Sa 1/4-2/15 12-12:45 PM \$56/\$65
45784 Sa 3/1-4/12 12-12:45 PM \$56/\$65
Rockville Swim and Fitness Center/Sanchez-Hall

Zumba Kids®

Join the ultimate dance fitness party for young Zumba fans! Kids get movin' to the beat with age-appropriate music and moves. It's about feeling fearless on the dance floor, reinforcing the idea that it's OK to just be yourself and dance like no one's looking. Taught by licensed Zumba instructor. 4 classes

Age: 7-11

45238 Th 2/6-2/27 6:30-7:25 PM \$39/\$45
Rockville Swim and Fitness Center/LeClair

Children

CHECK OUT YOUR Local Community Center

CROYDON CREEK NATURE CENTER

www.rockvillemd.gov/croydoncreek

Tuesday–Saturday 9 a.m.–5 p.m.

Sunday, 1–5 p.m.



LINCOLN PARK COMMUNITY CENTER

www.rockvillemd.gov/lpcc

Monday–Saturday, 9 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.



THOMAS FARM COMMUNITY CENTER

www.rockvillemd.gov/thomasfarm

Monday–Friday, 6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 9 a.m.–8:30 p.m.



TWINBROOK COMMUNITY RECREATION CENTER

www.rockvillemd.gov/twinbrook

Monday–Friday
6 a.m.–9:30 p.m.

Saturday, 8:30 a.m.–9:30 p.m.

Sunday, 10 a.m.–6 p.m.

(April–Oct.)

and 9 a.m.–8:30 p.m.

(Nov.–March)



School Break Programs

Winter Wonderland Fun Day



Escape the cold this winter by joining the fun indoors!

Activities include sports, crafts and organized games each day. Wear comfortable clothing and athletic shoes. Bring a bag lunch.

Age: 5-11

45843	M	12/23	9 AM-5 PM	\$25/\$29
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45844	M	12/30	9 AM-5 PM	\$25/\$29
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Twinbrook CRC Annex/Staff

Young Chefs Cooking Series

Looking for something for the kids to do when MCPS is closed? Cooking can be creative and fun. Learn how to prepare snacks and be introduced to good table manners and nutrition. Games and crafts will also be included. Bring a lunch. Fee includes an apron.

Grade: 1-5

44505	F	12/27	9 AM-3 PM	\$40/\$45
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44506	M	12/30	9 AM-3 PM	\$40/\$45
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Thomas Farm CC/TBA



Children

Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Basketball Skills - Co-Ed

Increase confidence as you gain fundamental basketball skills. Learn proper techniques, rules of the game and ball control. Execute a variety of drills and experience game-like situations. 8 classes

Age: 9-11
45281 W 1/15-3/5 4-4:50 PM \$63/\$74

Age: 12-15
45282 W 1/15-3/5 5-5:50 PM \$63/\$74
Thomas Farm CC/Jordan



Fencing - Youth Beginner

Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 7-9
45295 Th 1/23-3/20 6-7 PM \$128/\$151
45296 Sa 1/25-3/22 11 AM-12 PM \$128/\$151

Age: 10-13
45297 Th 1/23-3/20 7:20-8:40 PM \$128/\$151
45298 Sa 1/25-3/22 12:20-1:40 PM \$128/\$151
Rockville Fencing Academy/Staff



Soccer Skills

Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants. 8 classes

Age: 4-5
45865 Tu 1/14-3/4 4-4:50 PM \$63/\$74
Thomas Farm CC/Orrell

WAITING LIST ...

If your desired class is filled, you will be notified and placed on a waiting list.

We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.



T-Ball Skills - Beginner



Youngsters will enjoy this fun and active class as they learn the fundamentals of catching, throwing, batting and fielding. Bring a mitt. 8 classes

Age: 5-7
45866 Tu 1/14-3/4 5-5:50 PM \$63/\$74
Thomas Farm CC/Orrell

Tennis - 10 and Under



Using kid-sized racquets, nets and balls, players will learn tennis quickly on courts suited for their size. Skills will be developed through game-based teaching in a positive environment. Equipment is provided. 6 classes

Age: 5-7
45337 Sa 1/25-3/8 10:15-11 AM \$69/\$79
Thomas Farm CC/Meyer

45338 Th 1/16 5-5:50 PM Free Demo
Twinbrook CRC/Raaf

45868 Th 1/23-2/27 5-5:50 PM \$69/\$79
Twinbrook CRC/Raaf

Age: 8-10
45339 Th 1/16 6:45-7:35 PM Free Demo
Lincoln Park CC/Raaf

45869 Th 1/23-2/27 6:45-7:35 PM \$69/\$79
Lincoln Park CC/Raaf

45873 Sa 1/25-3/8 11-11:45 AM \$69/\$79
Thomas Farm CC/Meyer



Sports - Leagues

We recommend bringing a water bottle to all league practices and games.



Baseball - Co-Rec Coach Pitch

Swing your way into the game! Experience the next step up from t-ball. Participants learn skills and have fun in a non-competitive setting. This is recommended before pitching machine leagues. Practices tentatively begin the week of 3/17. League play begins 4/5. Register by: 2/26

Age: 7-9

45395 Sa 4/5-5/17 9 AM-1 PM \$58/\$68
Mark Twain Athletic Park

Spring Co-Rec Soccer

New



Your child will have a safe, fun and beneficial soccer experience with emphasis on skill development and fun rather than competition. One practice per week. Coaches will inform team members regarding practice and game times. Register by: 2/26

Ankle Biters - Pre K (Age 4 only)

45408 Su 4/6-5/18 12-4 PM \$58/\$68

Tink Kicks - Grades K-1

45409 Su 4/6-5/18 12-4 PM \$58/\$68

Pee Wees - Grades 2-3

45410 Su 4/6-5/18 12-4 PM \$58/\$68

Mark Twain Athletic Park



Children



T-Ball - Minors



Like watching the big leaguers? Have fun while learning simplified t-ball rules in a safety-conscious atmosphere. Participants hit from a t-ball stand. Special baseballs are used that are safer and help develop player confidence. Practices begin week of 3/17. League play begins 4/5. Register by: 2/26

Age: 4-6

45396 Sa 4/5-5/17 9 AM-1 PM \$58/\$68
Mark Twain Athletic Park

Track and Field



Run like a Pro! Learn basic track and field skills through participation and competition. Practices begin in mid-April with meets to begin late April. Conference meets begin early June. Players must either live or attend a school within the Rockville corporate limits. All dates tentative. Register by: 3/6

Bantams - Born 2006-2008

45397 W 4/30-6/4 5:45-9 PM \$62/\$72

Midgets - Born 2004-2005

45398 W 4/30-6/4 5:45-9 PM \$62/\$72

Juniors - Born 2002-2003

45399 W 4/30-6/4 5:45-9 PM \$62/\$72

Intermediates - Born 2000-2001

8th graders not born in specified years can participate.

45400 W 4/30-6/4 5:45-9 PM \$62/\$72

Rockville High School

Children

OFFICIALS NEEDED!

Youth and Adult Leagues

Weekday Evenings and Weekends



Youth Baseball

Late March Training

Adult Softball

March and Early April Training

For more information, call 240-314-8620 or email us at sports@rockvillemd.gov



In Partnership with City of Rockville,
the Rockville Baseball Association offers

Spring Youth Baseball Leagues

Ages 8-16

Registration deadline: Feb. 28

League play begins: April 5

Fees: \$110 resident; \$120/non-resident

For League details visit www.rbba.org

Summer Camp Guide



LOOK FOR OUR GUIDE JANUARY 3 AT THE FOLLOWING LOCATIONS:

- www.rockvillemd.gov/recreation
- Rockville Community and Recreation Centers
 - Rockville Swim and Fitness Center
 - Rockville City Hall
- Rockville and Twinbrook Libraries
 - Your Child's Backpack
(Sent home via Rockville Schools)

IMPORTANT DATES

Tuesday, Jan. 21

Resident and non-resident registration begins

Monday, June 16

Most camps begin



www.rockvillemd.gov/camps



Croydon Creek Nature Center

852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required. Note: There are no registration deadlines, unless otherwise stated. Registration is available for programs up until the day of the event as space allows.

Bookworms (Adult/Child)

Curl up with a good book at the Nature Center. At each Bookworm program, we'll read a new story and you'll get a copy of the book to take home. Each program may include a craft or hike. Adult participant required.

Age: 2-5

Mitten

45101 Sa 1/11 10-10:45 AM \$10/\$12

Goodnight, Owl!

45102 Su 2/9 3:30-4:15 PM \$10/\$12

Possum and the Peeper

45103 Sa 3/1 10-10:45 AM \$10/\$12

Croydon Creek Campfire (Adult/Child)

Gather around the campfire with your friends for stories, snacks and more. An adult must accompany children and all participants must register. Bring a blanket or lawn chairs for seating.

All Ages

Spring Night Hike and Campfire

Enjoy a hike into the forest at dusk to look and listen for signs of spring. After the hike, we'll gather around the campfire to enjoy a campfire treat.

45117 Sa 3/29 7:30-8:30 PM \$5/\$6

Family Camp Day



Camp isn't just made for summer! Spend an afternoon with your child experiencing nature camp activities. Your winter camp day will include hands-on activities, games, crafts and a hike! Dress for the weather. All participants must register.

Age: 5+

45122 Su 1/26 1:30-3:30 PM \$5/\$7

Family Geocaching



Learn the history of geocaching and the basics of using our GPS units and then head out on our geocaching trail with your family to test your skills. This program will be partially self-guided. All participants must register.

All Ages

45419 Su 3/30 1:30-3 PM \$6/\$8

Nature Center Night Out



Enjoy an evening at the Nature Center participating in a variety of activities including a night hike followed by a campfire complete with campfire snacks. We will also learn about nocturnal animals through games, crafts and more!

Age: 7-12

45119 F 3/14 6:30-9:30 PM \$15/\$18

SCOUT BADGE DAYS



WEBELOS

GEOLOGIST BADGE

Sunday, Feb. 2, 2-4 p.m.

JUNIOR GIRL SCOUTS

ANIMAL HABITATS

Sunday, March 2, 2-4 p.m.

Naturalists will help you complete the necessary requirements to achieve the badges.

All materials provided; however, badges are not supplied by the Nature Center. Programs held rain or shine. Dress for the weather.

Cost: \$14 residents; \$16 non-residents

For additional information or to register, call Melinda Norton at **240-314-8771**.

Nature Center

Nature Tots (Adult/Child)



Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required.

Age: 2-5

Woodpeckers

45088	Th	1/9	10-11:30 AM	\$8/\$10
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Bears

45089	Th	1/23	10-11:30 AM	\$8/\$10
45090	Sa	1/25	10-11:30 AM	\$8/\$10

Animal Homes

45091	Th	2/6	10-11:30 AM	\$8/\$10
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Nature's Champions

45092	Th	2/20	10-11:30 AM	\$8/\$10
45093	Sa	2/22	10-11:30 AM	\$8/\$10

Deer

45094	Th	3/6	10-11:30 AM	\$8/\$10
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All About Bones

45095	Th	3/20	10-11:30 AM	\$8/\$10
45096	Sa	3/22	10-11:30 AM	\$8/\$10

Saturday Story and Craft (Adult/Child)

Stop by the Nature Center on Saturday mornings for story time and a craft. A Naturalist will read a story and then lead a craft activity based on the theme of the story. All children must be accompanied by an adult.

Age: 2-5

45104	Sa	1/18	10-10:45 AM	\$4/\$6
45105	Sa	2/15	10-10:45 AM	\$4/\$6

Saturday Story and Hike (Adult/Child)



Stop by the Nature Center for story time and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5

45112	Sa	3/15	10-10:45 AM	\$4/\$6
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Star Party

Discover objects easily visible in the night sky, look through telescopes with an astronomer and enjoy a campfire treat. All participants must register.

Age: 5+

45115	Sa	3/8	6:30-7:30 PM	\$6/\$8
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Sunday Science Sampler

New

Enjoy an afternoon of learning with your child as you work your way through several self-guided stations designed to teach about nature in hands-on and unique ways. This program is presented open-house style so that everyone can work at their own pace. Plan to spend at least an hour.

Age: 2-6

45120	Su	2/2	2-4 PM	\$4/\$6
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Valentine Crafts

New

Craft some gifts for your Valentine at the Nature Center. We will use natural materials and recycled items to make at least three projects. Children under 8 must be accompanied by an adult. Register by: 1/29

Age: 5-12

45121	Sa	2/1	1:30-3 PM	\$10/\$12
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Winter Ramble - Family Hike



Join a Naturalist on a hike through the Hayes Forest Preserve. Enjoy the crisp air that winter brings as we hike the moderate trails. Our trails are not stroller friendly. All participants, including adults, must register. Children under 12 must be accompanied by an adult.

All Ages

45417	Su	3/2	1-2 PM	\$3/\$5
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Croydon Creek Nature Center

BIRD SEED SALE

**Pre-orders due:
Monday, Dec. 2**

**Pick-up orders:
Saturday, Dec. 14**

- Black Oil Sunflower
- Nyjer
- Patio Mix
- Suet Cakes and more!



For more details and order form
See www.rockvillemd.gov/croydoncreek

Teens

Teens ON THE Move

Sign up for our teen health, fitness and nutrition education program for students in grades 6-12. #44973



Take part in weekly fitness activities tailored to each participant, lead by a Certified Personal Trainer.

JOIN US:

Tuesdays and Thursdays

Wood MS (WMS students only), 2:50-4 p.m.

Wednesdays

Twinbrook Community Recreation Center,
3:15-4:15 p.m.

Cost: \$15 residents; \$20 non-residents
(Additional fees may be charged at special events)

- * Running program with *Fleet Feet Sports*
- * Nutrition education with *Blue Heron Wellness*
- * Cooking workshops
- * Certified personal trainer
- * Circuit training
- * Zumba
- * Cardio
- * Obstacle courses
- * Yoga
- * Core fitness
- * Boxing
- * Strength training

Note: Some evening and "No School Day" events will be included.

240-314-8634

LEADERS IN TRAINING (L.I.T.)

LEADERSHIP CAMPS

AGES: 13-16 (Must be 13 by July 1, 2014)



- To be eligible to participate for our summer LIT program, new LITs must first participate in a Leadership Camp.
- The two-week camp will provide fun, interactive workshops and activities designed to prepare teens to volunteer and/or work in a camp/playground (or for their first job). Topics will include communication, teamwork, planning and leading activities, peer evaluation, safety, child development, conflict resolution, body language and attitude.
- Team building trip is included in week one.
- Opportunity to earn up to 30 hours of SSL in week two.
- Staff will provide instruction, support, supervision and feedback (evaluations) to help participants have a positive experience.
- Returning LITs (ages 14-16) are not required to register for a Leadership Camp.

240-314-8638

**When you're in Rockville,
you're in the:**

**Respect for yourself.
Respect for others.
Responsibility for your actions.**

City of Rockville Department of Recreation and Parks
www.rockvillemd.gov/Rzone



Teens

Arts, Dance and Enrichment

Ballet for Teens - Advanced



Students with five or more years of experience are welcome to learn advanced techniques. Registration is for winter and spring sessions and includes a payment plan option. Participants may register for the spring recital (#45273). If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes. 12-16 classes

Age: 13+

45274	M	1/27-5/19	5:45-7 PM	\$119/\$135
45275	W	1/22-5/28	5:45-7 PM	\$159/\$177

Rockcrest Ballet Ctr./Mangan

Be Prepared - Workshop Series

Money... Money... Money! Our Summer Job Readiness Workshop will include job searching tips, how to update your existing resume or create one, how to properly complete job applications and interview etiquette. For more information call 240-314-8634.

Grade: 9-12

45907	Tu	1/21	10-11:30 AM	\$2/\$4
45908	Tu	1/21	12-1:30 PM	\$2/\$4

Thomas Farm CC

Late Night Friday

Teens have the Center all to themselves to play in the gym, enjoy video games, dance and listen to music while hanging out with friends. Refreshments will be sold. Pre-registration is a must. Space is limited to the first 100 registrants. Beginning at 6:30 p.m., fee at the door is \$10 residents; \$15 non-residents.

Grade: 3-6

45129	F	1/10	7-10:30 PM	\$7/\$10
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Thomas Farm CC

Late Night Teen Valentine's Party

Teens have the Center all to themselves to celebrate Valentine's Day with friends. Refreshments will be sold. Space is limited to the first 100 registrations. Pre-registration is strongly recommended. Beginning at 6:30 p.m., fee at the door is \$10 residents; \$15 non-residents.

Grade: 6-9

45074	F	2/14	7-10 PM	\$7/\$10
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Thomas Farm CC

Before and After School Enrichment



Middle School Madness



Calling all 6-8 graders to join the Madness! Madness meaning Enthusiasm and Excitement! This daily/weekly after school drop-in program includes SSL projects, "First Friday Parties," field trips, cooking/nutrition, health and wellness activities, special events and more. Transportation is provided by the City of Rockville from Wood MS and by MCPS from Julius West MS. A second pick-up at 4:15 p.m. is also available to members that participate in after school programs at their schools. The daily drop-in program is held on half days, Noon - 6:30 p.m. as well. For more information call 240-314-8634.

Grade 6-8

After School Madness (Winter Session)

45401	M-F	1/2-4/11	3-6:30 PM	\$229/\$245
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After School Madness (Weekly Sessions)

Course#	M-F	1/6-4/11	3-6:30 PM	\$25/\$28
45403	Week 1	1/6 - 1/10		
45404	Week 2	1/13- 1/17		
45915	Week 3	1/20- 1/24		
45916	Week 4	1/27 -1/31		
45917	Week 5	2/3 - 2/7		
45918	Week 6	2/10-2/14		
45919	Week 7	2/17-2/21		
45920	Week 8	2/24- 2/28		
45921	Week 9	3/3- 3/7		
45922	Week 10	3/10- 3/14		
45923	Week 11	3/17- 3/21		
45924	Week 12	3/24- 3/28		
45925	Week 13	3/31- 4/4		
45926	Week 14	4/7- 4/11		

Twinbrook CRC

Totally Teens

Teens

An after school program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on half days, Noon-6:30 p.m. It is closed holidays or when MCPS is closed.

Grade: 6-10

Winter Session - with Snack

45083 M-F 1/2-4/11 3-5 PM \$289/\$305

Winter Session - without Snack

45084 M-F 1/2-4/11 3-6:30 PM \$229/\$245
Thomas Farm CC

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Teens will increase their overall fitness or use the sessions to support their sport-specific training. Class is taught by a certified personal trainer.

Age: 13-18

45759 Su 1/5-2/16 1:10-2 PM \$70/\$81
45760 Su 3/2-4/13 1:10-2 PM \$70/\$81

Rockville Swim and Fitness Center/Yeatman

School Break Programs

Make It Happen Basketball

This basketball program features techniques and drills that will turn you into a complete player. Learn the fundamentals and increase your speed and footwork with special speed and agility training (SAQ). The program is taught by Rockville semi-professional basketball players and coaches.



Grade: 4-9

44990 Th 12/26 9 AM-12 PM \$30/\$40
44991 F 12/27 9 AM-12 PM \$30/\$40
44992 Th & F 12/26-12/27 9 AM-12 PM \$50/\$70

Lincoln Park CC

Trips

Registration for trips begins upon receipt of the Recreation Guide. Specific information will be mailed to participants one week prior to each trip. Call our teen staff with any questions or concerns at 240-314-8634.

Pottery Party and Movie

Pizza, music and pottery sounds like a party. Have fun with your peers on your day off painting pottery pieces while listening to music, socializing and enjoying a pizza lunch. Follow that with a movie at a local theater (Rated PG/PG-13). Cost includes pottery, pizza, movie ticket, transportation and supervision. Register by: 12/13

Grade: 6-10

45881 M 12/23 10:30 AM-5 PM \$16/\$20
Departs: Julius West and Wood MS

Ice Skating and Lunch



Grab your friends (or meet new ones) and hit the ice for this "No School Day" trip. We'll head to a local ice rink and enjoy skating, music and fun! Cost includes fees, skate rental, transportation and supervision. Bring money for lunch. Pick-up and drop-off from Julius West and Wood Middle Schools. Register by: 12/13

45886 M 12/30 12-4 PM \$12/\$15
Departs: Julius West and Wood MS

Come Skate at the Rockville **FREE**

Skate Park

featuring:

Micro Ramp with
Escalator and Pyramid

355 Martins Lane
(behind Swim and
Fitness Center)



Hours: 9 a.m. - 10 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark

Teens



Friday Night Ski Club

Head to Ski Liberty every Friday night for eight weeks in the comfort of a coach bus. Relax and listen to your music or watch a movie on your way to and from the slopes. The fee includes supervision, bus transportation, mandatory helmet and the ski package you select. Pick-up and drop-off is at Robert Frost Middle School. Detailed information will be mailed upon registration. Spaces are limited. Register by: 12/19

Grade: 6-12

Lift Only Package

44947 F 1/10-2/28 3-10:30 PM \$505/\$555

Lift and Lesson Package

44948 F 1/10-2/28 3-10:30 PM \$545/\$595

Lift, Lesson and Rental Package

44949 F 1/10-2/28 3-10:30 PM \$585/\$635

Departs: Robert Frost MS

Ski Liberty Snow Tubing



Feel the breeze through your hair as you swoosh down the slopes on a big inflatable rubber tube. We're heading to Ski Liberty for this winter break adventure. Cost includes snow tubing, transportation and supervision. Detailed information will be mailed upon registration. Pick-up and drop-off is from Julius West and Wood Middle Schools.

45405 Tu 1/21 2-8 PM \$25/\$29

Departs: Julius West and Wood MS

RockvilleRec is on Twitter

Follow us for weather and schedule updates, new class information and the latest in Rockville Recreation programs and services. Follow @RockvilleRec.

Log on and join @
www.twitter.com



Work in Recreation



YEAR-ROUND POSITIONS

- Before and After School Staff
- Trip Leaders
- Class Instructors - Zumba, Fitness, Sports
- Lifeguards and Swim Instructors
- Bus Drivers (CDL required)



SEASONAL POSITIONS

- Directors and Leaders - Camps/Playgrounds
- Social Event Hosts
- Sports Officials
- Gym Managers
- Scorers/Timers

For information, visit www.rockvillemd.gov/careers or contact the Human Resources Department, 240-314-8470

Worried about the weather?

Call the Recreation Information Line at 240-314-5023 for program updates.

Family

Family Bingo Night

BINGO!! Come enjoy an evening playing this classic game. We will provide all the tools you need to win and prizes too! Just bring your friends and your good luck. Refreshments will be sold.

All Ages

45893 F 2/28 7-8:30 PM \$5/\$7
Lincoln Park CC



Learn new routes and become comfortable with the rules of the road!

• **You Can... Have At Least a 3 Feet Buffer.**

If a car is passing you, the driver is required to give you at least three feet of space by Maryland Law.

• **You Can... Take the Lane.**

If the shoulder is too narrow or not in good shape, riding the same lane as cars may be a good option. Be sure to follow the same rules as if you were driving a car.

• **You Can... Bike Through Crosswalks.**

Instead of dismounting when crossing at an intersection, you can bike through when the "walk" signal is lit.

• **We Can All... Share the Road!!**

Whether on a multi-use trail or road, be aware and respectful of other users. Stop for traffic signals, stay to the right, signal before turning, and warn others before passing.

Rockville Bicycling Advisory Committee

www.rockvillemd.gov/transportation/Bicycling/rbac.htm
www.facebook.com/bikerockville

Lincoln Park Community Center

has teamed up with

**Gaithersburg
Burlington Coat Factory**

for the 7th Annual

COAT DRIVE



Donations collected

January 2-9

Donate any size, new or used coat in excellent condition.



DROP-OFF LOCATIONS

Lincoln Park Community Center
Twinbrook Com. Recreation Center
Thomas Farm Community Center
Rockville Swim and Fitness Center
Rockville City Hall

All coats will be distributed to children and adults in need within our community.

240-314-8780

Family

visarts
AT ROCKVILLE
Creating Community Through Art

VisArts is a dynamic, non-profit arts center dedicated to engaging the community in the arts and providing opportunities for artistic exploration, education and participation. Through educational programming, gallery exhibitions and a resident artist program, VisArts provides children, teens and adults with opportunities to express their creativity and enhance their awareness of the arts.

Art Classes & Workshops



Kids Create! Camps



Gallery Exhibitions



Resident Artist Program

155 Gibbs Street | Rockville, MD 20850
301.315.8200 | www.visartscenter.org

IN THE NEXT ISSUE...

Spring is busting out all over! Bring the entire family to Croyden Creek Nature Center for the **Annual Spring Festival and Native Plant Sale** in **April**. It's time to spruce up your yard with native plants, check out the live animal show, take a hike in the beautiful John G. Hayes Forest Preserve and enjoy crafts and games. Free to all, no registration required!



Native Plant Sale



Spring Bazaar and Yard Sale



26th Annual Hometown Holidays

Join your friends and neighbors in **May** at the Rockville Senior Center's **Spring Bazaar and Yard Sale**. The Thrift and Gift Shops will be open. There will be lots of baked goodies and a wide variety of plants for sale, along with handmade arts and crafts.

Plan to spend Memorial Day Weekend in Rockville at the **Annual Hometown Holidays Celebration**. Enjoy free concerts, kids and teen activities and the 70th Annual Memorial Day Parade.

Adults

Arts, Dance and Enrichment

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes. 16 classes

Age: 13+

Beginner/Intermediate

45272 Th 1/23-5/29 7:45-9 PM \$159/\$177

Advanced

45270 Tu 1/21-5/27 6:30-7:45 PM \$159/\$177

45271 Th 1/23-5/29 6:30-7:45 PM \$159/\$177

Rockcrest Ballet Ctr./Mangan

Ballroom Dance

Even if you think you have two left feet, join us and be surprised at what you can learn. We will teach the basic steps in standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Classes and fees are for couples only. 5 classes

Age: 16+

45242 W 1/8-2/5 7:30-8:25 PM \$59/\$65

Ritchie Park ES/Mola

Belly Dance - Beginner

Students will learn the fundamentals of hip, torso and arm movements pertaining to the different styles of belly dance. Class includes: dance warm-up, proper belly dance posture and alignment, muscle isolation, flexibility and easy to follow combinations. Appropriate for beginners and those wanting a refresher class. 8 classes

Age: 16+

45244 W 1/22-3/12 6:35-7:25 PM \$69/\$79

Lincoln Park CC/Ford

For holidays and "No Class Dates"

Check with instructor or see
<http://rockenroll.rockvillemd.gov>
Enter course # to view course details.

Breakfast Pizza

New

No, we're not talking about cold, left over pizza! Learn to make this easy and nutritious breakfast that your family will love! Choose your crust, either wheat flour or gluten free flour and your toppings for a delicious way to jump start your day! Note: \$12 supply fee payable to instructor at workshop.

Age: 18+

45840 Th 2/27 7-9 PM \$21/\$28

Rockville Sr. Ctr. - Kitchen/Moulton

Create Magical, Traditional Stock

New

French chefs have a term "fonds de cuisine," which means "the foundation of the kitchen." Poultry, beef and fish stocks provide the rich foundation for exquisite, satisfying sauces and soups that are flavorful, healthy and so easy! Come learn the secret to making the best soups, stews and sauces.

Age: 18+

45833 Th 1/30 7-9 PM \$21/\$28

Rockville Sr. Ctr. - Kitchen/Moulton

Easy, Hearty Soups

New

Learn the lost art of making nutrient rich soup for an easy, satisfying family meal. These soups are planned with three things in mind: your schedule, health and easy ingredients! Note: \$15 supply fee payable to instructor at workshop.

Age: 18+

45838 Th 2/13 7-9 PM \$21/\$28

Rockville Sr. Ctr. - Kitchen/Moulton

Real Food Fermentation

New

Learn the artisanal craft of food fermentation and add probiotics to your daily diet. Chef Lynda will teach you how to make downright delicious probiotic lacto-fermented foods that are healthy and your whole family will love. Note: \$12 supply fee payable to the instructor at workshop.

Age: 18+

45841 Th 3/13 7-9 PM \$21/\$28

Rockville Sr. Ctr. - Kitchen/Moulton

Cooking Workshops

**Refund requests for cooking workshops
must be received in writing at least 72 hours
prior to workshop.**

Adults

Getting Paid To Talk

Have you ever been told you have a great voice? Explore the numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the Internet. Learn how to prepare the all-important demo. Record a commercial script under the direction of a producer.

Age: 18+
45771 Tu 1/14 6:30-9 PM \$19/\$25
Rockville Sr. Ctr./TBA

Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper. 6 classes

Age: 13+
45898 M 1/27-3/10 7-8 PM \$99/\$109
The School of Music/Staff

Line Dancing for All

Join in the fun and get some exercise too. All levels welcome. Start with the basics and add steps and combinations as you go. This is a non-partner, self-paced class. Soft-soled shoes required. No sneakers. 6 classes

Age: 16+
45247 M 1/27-3/10 7-8 PM \$45/\$49
Ritchie Park ES/Cunningham

Pottery - Introduction to Clay

Explore the basics of ceramics/pottery. Learn to hand build with clay using techniques like slab and coil building. Finished pieces will be glazed and fired. Note: \$25 material fee payable to City of Rockville at first class. Cancellations must be received in writing at least a week prior to class to receive a credit or refund. 8 classes

Age: 18+
45255 M 1/27-3/24 6:30-8:30 PM \$109/\$125
Pump House CC/Nicholson



Tap Dance

In this introduction to a Broadway style staple, students will experiment with single sounds all the way to complex combinations creating an excellent light cardio workout. Each class will build on the previous to a complete a simple routine. Tap shoes required. Contact Rowena at 301-467-3535 if you have further questions. 8 classes

Age: 16+
45256 F 1/24-3/14 6-7 PM \$79/\$89
Twinbrook CRC/DeLuca



APPLESAUCE GINGERBREAD

Preparation time: 5 minutes

Cooking time: 25 minutes

1 ½ cups all-purpose flour
¼ cup sugar
1 ½ tsp. ground ginger
1 tsp. baking soda
1 tsp. ground cinnamon
¼ tsp. ground cloves
1/8 tsp. salt
2/3 cup applesauce
1/3 cup molasses
3 tbs. vegetable oil
1 egg, lightly beaten

Vegetable cooking spray

Combine first 7 ingredients and stir well. Combine applesauce, molasses, oil and egg. Add applesauce mixture to flour mixture, stir well.

Spoon batter into a 9-inch square baking pan coated with cooking spray. Bake at 350 degrees for 25 minutes or until wooden pick inserted in center comes out clean.

Adults

Wine Workshops

Increase your knowledge of wines and how they are made. Each workshop is independent and geared for beginning and intermediate students. Breads and cheeses will also be provided. Wine presenters, Neil Bassford and Bob Cecil, are working partners in Elk Run Vineyards, an award-winning winery in Frederick County. Participants must supply photo ID upon request. Cancellations must be received in writing at least 72 hours prior to each workshop to receive a credit, subject to the refund policy.



Wines of the World

We will cover the major wine producing regions of leading countries on five continents, including France, Spain, Italy, Germany, Australia, New Zealand, Argentina and Chile.

Age: 21+
45772 Th 1/23 7:30-9:30 PM \$35/\$39

Loire Valley Wines

We will cover wine making history of this large French wine producing area well as the major grapes and wine producing regions along the extensive length of the Loire River.

Age: 21+
45773 Th 3/6 7:30-9:30 PM \$35/\$39
Glenview Mansion/Cecil



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core exercises all in one class. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights. 10-12 classes

Age: 16+
45276 M 1/6-3/24 6:20-7:20 PM \$75/\$89
Thomas Farm CC/Maguire

45277 Sa 1/11-3/29 8:45-9:45 AM \$90/\$105
Rockville Sr. Ctr./Maguire

3-2-1 Workout

This 30-minute class combines 3 minutes of strength training, followed by 2 minutes of cardio, followed by 1 minute of core work to sculpt your body, burn fat and blast calories! Modifications offered for most exercises; suitable for all fitness levels. Bring mat and weights. 11 classes

Age: 16+
45279 Th 1/9-3/20 5:45-6:15 PM \$55/\$63
Rockville Sr. Ctr./Maguire

80's Cardio Dance

Learn aerobic dance combinations to the music of the 80's, with songs ranging from dance music to new wave. Class will include some core work for a well-rounded workout. All ages and skill levels welcome.

All Ages
45787 F 1/10-2/21 5:30-6:30 PM \$56/\$65
45788 F 2/28-4/11 5:30-6:30 PM \$56/\$65
Rockville Swim and Fitness Center/Brandstadter



Adults



Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

45700	M	1/6-2/17	12:45-1:15 PM	\$35/\$42
45704	M	1/6-2/17	7:35-8:05 PM	\$35/\$42
45701	W	1/8-2/19	12:45-1:15 PM	\$35/\$42
45768	W	1/8-2/19	8:05-8:35 PM	\$35/\$42
45705	F	1/10-2/21	7:35-8:05 PM	\$35/\$42
45708	F	1/10-2/21	12:45-1:15 PM	\$35/\$42
45702	M	2/24-4/7	12:45-1:15 PM	\$35/\$42
45706	M	2/24-4/7	7:35-8:05 PM	\$35/\$42
45703	W	2/26-4/9	12:45-1:15 PM	\$35/\$42
45766	W	2/26-4/9	8:05-8:35 PM	\$35/\$42
45707	F	2/28-4/11	7:35-8:05 PM	\$35/\$42
45709	F	2/28-4/11	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/TBA

Boot Camp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new boot camper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

45710	Tu & Th	1/7-2/20	6:30-7:30 AM	\$112/\$130
45711	Tu & Th	2/25-4/10	6:30-7:30 AM	\$112/\$130

Rockville Swim and Fitness Center/Nelson

Boot Camp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

45712	M, W & F	1/6-2/21	6:30-7:30 AM	\$168/\$195
45713	M, W & F	2/24-4/11	6:30-7:30 AM	\$164/\$195

Rockville Swim and Fitness Center/Colbert

Cardio and Strength Fusion

Spice up your current workout with a variety of cardiovascular routines, including kickboxing and dance aerobics. This interval-style class transitions back and forth between cardiovascular movement and strength training. Modifications to increase or decrease intensity will be provided. Bring mat and weights. 11 classes

Age: 16+

45286	Tu	1/7-3/18	6:30-7:15 PM	\$78/\$89
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Twinbrook CRC/Morales

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40s music. All fitness levels welcome.

Age: 16+

45714	M	1/6-2/17	5:30-6:30 PM	\$56/\$65
45715	M	2/24-4/7	5:30-6:30 PM	\$56/\$65

Rockville Swim and Fitness Center/Brandstadter



Adults

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

45774	Su	1/5-2/16	10:30-11:30 AM	\$56/\$65
45716	Th	1/9-2/20	6-7 PM	\$56/\$65
45717	Th	2/27-4/10	6-7 PM	\$56/\$65
45775	Su	3/2-4/13	10:30-11:30 AM	\$56/\$65

Rockville Swim and Fitness Center/Winkfield

CardioFit

Get a great start on a new fit you! Burn some calories and enjoy a well-rounded workout including cardio, strength training and core work. Bring personal weights and mat. 9 classes

Age: 16+

45287	Sa	1/25-3/22	8:45-9:30 AM	\$64/\$74
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Twinbrook CRC/Riggs

CardioFit Drop-In

Don't have time to commit for a long session but would like to work out when you have time? Drop in on Saturday mornings at Twinbrook to get a quick fitness workout. Bring a mat and weights. 9 classes

Age: 16+

45288	Sa	1/25-3/22	8:45-9:30 AM	\$8/\$9
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Twinbrook CRC/Riggs

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact step moves and strength training for all muscle groups. All fitness levels welcome. Bring weights and mat. 11 classes

Age: 15+

45289	Tu	1/7-3/18	5:30-6:15 PM	\$78/\$89
45290	Th	1/9-3/20	6-7 PM	\$78/\$89
45291	Sa	1/11-3/22	9-10 AM	\$78/\$89

Thomas Farm CC/Ramsey



Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. 10 classes

Age: 13+

45299	M & W	1/13-2/12	7-7:45 PM	\$99/\$115
45300	Tu & Th	1/14-2/13	7:15-8 PM	\$99/\$115

Kicks Karate/Staff

Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

45722	Tu	1/7-2/18	12-12:45 PM	\$56/\$65
45723	Th	1/9-2/20	12-12:45 PM	\$56/\$65
45724	Su	1/5-2/16	9:45-10:30 AM	\$56/\$65
45725	Su	3/2-4/13	9:45-10:30 AM	\$56/\$65
45726	Tu	2/25-4/8	12-12:45 PM	\$56/\$65
45727	Th	2/27-4/10	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/TBA

Adults

Indoor Cycle Training

New

Don't let the short daylight hours or bad weather force you to give up cycling this winter. Grab your indoor trainer and join us for an intense workout. Concentrate on time trialing, climbing, sprinting, spinning and proper cycling technique with a certified USA triathlon and USA cycling coach. Bike and stationary trainer or rollers required.

All Ages

45785	M	1/6-2/17	7-8 PM	\$86/\$99
45786	M	2/24-4/7	7-8 PM	\$86/\$99

Rockville Swim and Fitness Center/Nelson

Jazzercise - Low Impact

Fitness that's invigorating, not intimidating! Same great music and choreography but without the hop! This low impact workout combines elements of jazz dance, resistance training, pilates, yoga, kickboxing and more. All ages and fitness levels. Bring weights and a mat.

Age: 16+

45304	M	1/6-3/17	6:30-7:30 PM	\$66/\$76
45305	W	1/8-3/19	6:30-7:30 PM	\$80/\$92

Julius West MS/Ham

Judo - Beginner

Discover this exciting Japanese martial art which teaches discipline, balance and coordination. Improve self-confidence as you learn step by step techniques in Judo. 6 classes

Age: 16+

45933	Tu	1/14	6-7 PM	Free Demo
45306	Tu	1/21-2/25	6-7 PM	\$45/\$53

Elwood Smith RC/Hocde

Kung Fu/Bungo Fu

Learn the ancient art of self-defense with a Jamaican twist! Increase your flexibility, stamina, coordination and discipline while positively channeling your energy. Yoga-like stretches bring you to a calm meditative state and a fusion of Kung Fu self-defense forms and African Foot Fighting are taught to all skill levels. 8 classes

Age: 16+

45313	M	1/27-3/24	7-8 PM	\$63/\$72
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Elwood Smith RC/Thompson

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and a stretching segment will concentrate on muscle relief and recovery. Newcomers are welcome.

Age: 16+

45730	Tu	1/7-2/18	12:45-1:15 PM	\$35/\$42
45731	Th	1/9-2/20	12:45-1:15 PM	\$35/\$42
45732	Tu	2/25-4/8	12:45-1:15 PM	\$35/\$42
45733	Th	2/27-4/10	12:45-1:15 PM	\$35/\$42

Rockville Swim and Fitness Center/TBA

Masala Bhangra

Shake, grove, and twist your way to fitness in this Indian inspired dance class. Masala Bhangra combines spicy (masala) Bollywood dance style moves with high energy Bhangra movements to create a fun, easy-to-follow workout. Suitable for participants of all ages and fitness levels.

Age: 16+

45734	W	1/8-2/19	12-12:45 PM	\$56/\$65
45735	W	2/26-4/9	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Pavelle

Meditation - Beginner/Continuing

Meditation is a mind-body practice which helps manage stress and anxiety, as well as relieve tension. Relax with easy stretches and guided breathing. Printed materials will be available along with time for discussion. Bring a pillow or folded blanket. 4 classes

Age: 18+

45248	W	2/5-2/26	6-6:55 PM	\$15/\$19
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Pump House CC/Jensen



Adults



MELT

Learn this simple self-treatment that helps your whole body feel better. Come see how three little balls can change your life! Bring yoga mat. MELT balls provided and the mini kit may be purchased from the instructor for \$25.

Age: 16+

45250	Tu	1/28	7:15-8:45 PM	\$30/\$35
45394	Sa	3/1	9:30-11 AM	\$30/\$35

Rockville Sr. Ctr./Liss

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat. 10 classes

Age: 16+

45253	Tu	1/14-3/18	7:30-8:25 PM	\$110/\$125
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Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful blend of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga combined in a flowing workout. Bring a mat and wear comfortable clothing. 10 classes

Age: 16+

45254	Tu	1/14-3/18	6:30-7:25 PM	\$110/\$125
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Rockville Swim and Fitness Center/Poole

Power Half Hour

Challenge your body with intervals of strength training, cardiovascular exercises and core work in this very effective and energizing mid-day workout. This class is done at your own pace with modifications offered for most exercises. Bring a mat and weights. 10 classes

Age: 16+

45319	W	1/8-3/12	12:30-1 PM	\$50/\$58
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Thomas Farm CC/Maguire

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights. 10-11 classes

Age: 15+

45320	M	1/6-3/24	9:30-10:30 AM	\$71/\$82
45321	Tu	1/7-3/18	6:20-7:20 PM	\$78/\$89
45322	W	1/8-3/19	9:30-10:30 AM	\$78/\$89

Thomas Farm CC/Ramsey

45323	Th	1/9-3/20	6:30-7:15 PM	\$78/\$89
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Rockville Sr. Ctr./Morales



WBC
Women's Business Center

**Helping Rockville
Start and Grow Businesses**

Join us for a **free orientation on small business resources** or check out our affordable workshops for **starting a business, writing a business plan, marketing, funding, and more!**

Visit our website
www.marylandwbc.org
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we can help you!




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City of Rockville



Rockville
Economic Development, Inc.
Power to the Companies We Keep



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COUNTY
ECONOMIC DEVELOPMENT
FOUNDED 1790



citi



Walmart
Foundation



COMCAST
BUSINESS

Adults

Step Aerobics

Enjoy a low-impact, high intensity class that will strengthen, tone and improve your cardio fitness. Routines are choreographed to upbeat music. Beginners are welcome. Bring a mat/towel and hand weights (optional). Steps are provided.

Age: 16+

45736 M 1/6-2/17 6:30-7:30 PM \$56/\$65

45737 M 2/24-4/7 6:30-7:30 PM \$56/\$65

Rockville Swim and Fitness Center/Colbert

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements. 8 classes

Age: 18+

45333 Tu 1/21-3/25 7-8 PM \$56/\$66

Pump House CC/Lamb

45334 F 1/17-3/7 10-11 AM \$56/\$66

Thomas Farm CC/Gegan

Total Body Blast

Enjoy cardio, strength and core exercises all in one class. Challenge your stamina, improve strength and increase flexibility to get your entire body into tip-top shape. Bring a mat and weights. 11 classes

Age: 16+

45363 W 1/8-3/19 6:15-7:15 PM \$83/\$95

Thomas Farm CC/Maguire

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow Yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one. 8 classes

Age: 16+

45257 Tu 1/14-3/4 4:30-5:45 PM \$89/\$95

Thrive Yoga/Alter

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha Yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+

45738 F 1/10-2/21 9:15-10 AM \$86/\$99

45739 F 2/28-4/11 9:15-10 AM \$86/\$99

Rockville Swim and Fitness Center/Cortes

Yoga - Gentle

This Gentle Yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, Gentle Yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+

45740 W 1/8-2/19 9:15-10 AM \$86/\$99

45741 W 2/26-4/9 9:15-10 AM \$86/\$99

45742 Sa 1/4-2/15 9:15-10 AM \$86/\$99

45743 Sa 3/1-4/12 9:15-10 AM \$86/\$99

Rockville Swim and Fitness Center/Groman/Cortes

Yoga - Gentle Beginner

A beginner class that will help you open up areas of tightness, such as hips and shoulders, and cultivate power in your legs and core. Be introduced to traditional Yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, two blocks and a smile. 8 classes

Age: 16+

45258 Th 1/9-2/27 6:30-7:45 PM \$69/\$79

Twinbrook CRC/Jensen

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat. 11 classes

Age: 16+

45259 Th 1/9-3/20 7:30-8:45 PM \$121/\$131

Rockville Sr. Ctr./Dodson

Adults

Yoga - Hatha

Practice asanas, breathing and relaxation. Perfect for all levels of students who seek a yoga practice without the flow of Vinyasa. Great if you are less athletic, recovering from injury, have limited mobility or just seek a calmer paced class. Wear comfortable clothing and bring a yoga mat. 8 classes

Age: 16+

45260 Sa 1/18-3/8 8-9:10 AM \$89/\$95
Thrive Yoga/Garaffo

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block. 10 classes

Age: 16+

45261 M 1/6-3/24 7:30-8:45 PM \$115/\$129
Thomas Farm CC/Neves

Yoga - Hot

Learn what all the buzz is about! Hot Yoga is designed to detoxify the body and increase fitness, stamina and flexibility. The yoga room is heated to approximately 85 degrees to warm the muscles. No yoga experience is necessary. Postures and sequences are instructed at a beginner's pace. Students must be free from injury. 8 classes

Age: 18+

45263 Su 1/12-3/2 8-8:55 AM \$89/\$95
Thrive Yoga/Bowen

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asana) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat, block and strap. 11 classes

Age: 16+

45264 W 1/8-3/19 7:30-8:25 PM \$115/\$129
Thomas Farm CC/Maguire

Yoga for Athletes

This class is designed to improve health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

45744 M 1/6-2/17 9:15-10 AM \$86/\$99
45745 M 2/24-4/7 9:15-10 AM \$86/\$99
45776 W 1/8-2/19 7:15-8 PM \$86/\$99
45777 W 2/26-4/9 7:15-8 PM \$86/\$99

Rockville Swim and Fitness Center/Groman

Yoga-lates - On the Ball

New

Tone, strengthen and stretch your muscles in this total body conditioning workout utilizing a stability ball. Engage in exercises that challenge both the mind and body, while increasing body awareness, balance and coordination through core stability using yoga and Pilates. 6 classes

Age: 16+

45266 F 1/17-2/21 12-12:45 PM \$45/\$49
Thomas Farm CC/Maguire



SUPPORT THE ROCKVILLE HOLIDAY DRIVE

Volunteer at a Holiday Drive event, or make a tax-deductible, monetary contribution used to purchase fresh food, toys and gift certificates for Rockville seniors, families and children in need.

Please make check payable to City of Rockville Holiday Drive Fund.
Mail to: Community Services Division, 20 Courthouse Square,
Suite 205, Rockville, MD 20850

Thank you for your help.

 **City of Rockville**
Get Into It

240-314-8310 • www.rockvillemd.gov/holidaydrive

Adults

Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. New Friday night option at Thomas Farm CC. Taught by licensed Zumba instructor. 1-8 classes

Age: 16+

45267 M 1/27-3/24 6:30-7:25 PM \$55/\$65
Lincoln Park CC/Ford

45268 Tu 1/14-3/4 7:30-8:25 PM \$65/\$75
Thomas Farm CC/LeClair

45930 Th 1/23-2/27 7:15-8:10 PM \$45/\$55
Rockville Swim and Fitness Center/Sheffield-Wright

45411 F 1/17 7-8 PM \$10/\$12

45412 F 1/31 7-8 PM \$10/\$12

45413 F 2/7 7-8 PM \$10/\$12

45414 F 2/21 7-8 PM \$10/\$12

45415 F 3/7 7-8 PM \$10/\$12

45416 F 3/21 7-8 PM \$10/\$12

Thomas Farm CC/LeClair/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

45746 W 1/8-2/19 6:30-7:15 PM \$56/\$65

45747 F 1/10-2/21 12-12:45 PM \$56/\$65

45748 W 2/26-4/9 6:30-7:15 PM \$56/\$65

45749 F 2/28-4/11 12-12:45 PM \$56/\$65

Rockville Swim and Fitness Center/McCright/Hatch

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

45779 Sa 1/4-2/15 11:15 AM-12 PM \$56/\$65

45750 M 1/6-2/17 12-12:45 PM \$56/\$65

45751 M 2/24-4/7 12-12:45 PM \$56/\$65

45778 Sa 3/1-4/12 11:15 AM-12 PM \$56/\$65

Rockville Swim and Fitness Center/McCright/Groman



Sports - Instructional

We recommend bringing a water bottle to all sports programs.



Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing, this course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used. 9 classes

Age: 14+

45293 Tu 1/21-3/18 7-8:20 PM \$128/\$151

45294 Sa 1/25-3/22 2-3:20 PM \$128/\$151

Rockville Fencing Academy/Staff

Play like the Pros! ADULT CO-REC TABLE TENNIS



Develop your skills and have fun. Open to all skill levels, ages 16+

Where: Twinbrook Com. Rec. Center

When: Wednesday evenings, beginning Jan. 8
(6 weeks plus tournament games)

Course: # 45066 (Deadline: Dec. 27)

Cost: \$58 residents; \$68 non-residents

240-314-8620

www.rockvillemd.gov/recreation/sports

Adults

Winter Adult Team Sports



Women's Volleyball
Co-Rec Volleyball
Men's Basketball
Co-Rec Table Tennis
(individual sport)

LEAGUE PLAY BEGINS:

Jan. 2 - Women's Volleyball
Jan. 3 - Co-Rec Volleyball (Fri.)
Jan. 6 - Men's Basketball
(Mon. & Sun. options)
Jan. 6 - Co-Rec Volleyball (Mon.)
Jan. 8 - Co-Rec Table Tennis

Download
registration
form and
mail to:

CITY OF ROCKVILLE
Dept. of Recreation
and Parks
111 Maryland Avenue
Rockville, MD 20850
Attn: Sports Division



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RedGate
Golf Course

Seniors

ROCKVILLE SENIOR CENTER • 1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800
www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Thursday, Dec. 5.**

Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide.

(R) - Resident registration begins **Thursday, Dec. 12** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, Dec. 19** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER

Hours

Monday-Friday, 8:30 a.m.–5 p.m.
 Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
 \$135/year - Non-residents; \$65 spouse



Fitness Club Membership Fees

\$75/year (Must be a Senior Center member)

SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

Carnation Supper Club – Dinner, socializing and entertainment on the fourth Tuesday of each month at 5 p.m. Prepared by staff. Cost \$12. Call 240-314-8810.

Seniors

SENIOR CENTER MEMBER BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

Saturday, Dec. 7
9 a.m. - 2 p.m.

Handmade Crafts
Book Sale
Raffle
Thrift Shop
Homemade Treats

Raffle Prizes
\$300 Gift Cards

ROCKVILLE SENIOR CENTER
1150 Carnation Drive Rockville, MD 20850
240-314-8800 * Directions: 240-314-5019

A Night with First of the First

New

In honor of President's Day, look at life in the Presidents' residence, before it was in DC. George and Martha set up the first family's residence in New York City. What was that like for two Southerners? What did Martha do to entertain? How did Abigail Adams see the White House for the first time? Where did she hang her laundry and host parties?

45767 W 2/12 6:30-7:30 PM \$5/\$7/\$10
Card Room

Aggressive Weather

New

Join Dr. Paul Brown, a career internist, research neuroscientist and passionate meteorologist for this two part program. Classes will cover thunderstorms and safety measures as well as the origin of tornadoes and hurricanes. The three most famous storms of the past hundred years, Galveston, Katrina and Sandy will be reviewed.

45060 Tu 2/11 & 2/18 10 AM-12 PM \$4/\$6/\$9
Azalea Room

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required one week prior to each party based on availability.

January Party

Sponsored By: Kentlands Manor Senior Apartments
Entertainment by: Andrea, Seniorita Sunshine

45056 W 1/8 1:30-3 PM Free/\$5

February Party

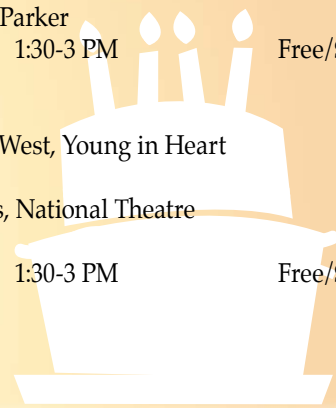
Sponsored by: Yolande Langbehn, Mary Jane and John Salerno

Entertainment by: Winfield Parker
45057 W 2/5 1:30-3 PM Free/\$5

March Party

Sponsored by: Joan and Joe West, Young in Heart Senior Club

Entertainment by: Bill Davis, National Theatre Community Vaudeville
45058 W 3/5 1:30-3 PM Free/\$5
Carnation Room



Seniors



Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

45052 Th 1/23 & 2/27 10-11 AM Free/\$5
Board Room/Beck

Bridge - Defensive Skills

This class is specially designed for those with previous bridge experience who are interested in learning or sharpening skills on defensive play. Participants will learn techniques such as leading against suit contracts, playing second hand low, third hand high and other defensive strategies.

45123 Th 1/23-2/27 1-3 PM \$69/\$86/\$107
Card Room/Shull

Carnation Feud

Comedy takes control of the podium! Join us for a game show type atmosphere with Judy and mystery guests at the Center's "Carnation Feud," similar to the game show "Family Feud." Come see some of our All Stars return to take on new opponents. Register to join the fun and laughter! Refreshments will follow.

45082 F 1/24 10:30 AM-12 PM Free/\$5
Card Room

Carnation Players

Calling all characters. If you would like to join this group and can sing, dance, play an instrument or would like to be in a skit, we need you. The Players cannot guarantee fame and fortune, but can ensure you will have lots of fun.

45064 Tu 1/21-3/25 3-4 PM Free/\$5
Carnation Room/Beck

Programs Offered in Spanish

**Jan. 9, 10:30 a.m.
Depression**

**Feb. 13, 10:30 a.m.
Pain Management**

**March 13, 10:30 a.m.
How to Prevent a Heart Attack**

**Jan. 9, Feb. 6, March 6, 1 p.m.
Coping with Change – Support Group**

For information, call 240-314-8817

Citizenship Class

If you have been a U.S. resident for four years and nine months, and would like to become a citizen, please sign up. Instruction in English, communication and preparation for the I.N.S. naturalization interview is offered. Priority will be given to seniors and members of the Rockville Senior Center.

45797 M & W 1/13-3/19 12:30-2:30 PM \$15/\$20/\$26
Arts and Crafts Room

Creative Cards

New

Create an adorable folder to hold four unique cards. Use rubber stamps, paper punches, coordinating ink, paper, ribbon, embossing folders and other paper crafting techniques. You'll receive step-by-step instructions and tips from an experienced paper art teacher. No prior experience necessary. All skill levels welcome. Supplies provided. Note: \$20 fee payable to instructor at class.

45376 W 3/5 6-8:30 PM \$4/\$6/\$9
Arts and Crafts Room

Don't Be A Target

New

Learn to protect your information and find out what steps to take if someone has stolen your identity. Join Rockville City Police Chief Terry Treschuk and Community Service Officer Ken Matney for a presentation highlighting how seniors can avoid being taken advantage of by scam artists and identity thieves. Time for questions and answers will follow the presentation.

45209 Tu 1/28 10:30 AM-12 PM Free/\$5
Azalea Room

Seniors

English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on Jan. 6 and 8, 9:30-11 a.m. Note: \$10 book fee may be required at first class.

Level I

45106 M & W 1/6-3/19 10:15-11:30 AM \$18/\$20/\$25
Arts and Crafts Room

Level II

45107 Tu & Th 1/7-3/13 10 AM-12 PM \$18/\$20/\$25
Card Room

Level III

45108 Tu 1/7-3/11 10 AM-12 PM \$18/\$20/\$25
Sunroom

Level IV

45109 W 1/8-3/12 10 AM-12 PM \$18/\$20/\$25
Dining Room

English Conversation I- More Talk

Easy conversations about everyday life.

45111 F 1/10-3/14 10 AM-12 PM \$18/\$20/\$25
Board Room

English Conversation II - Let's Talk

Speak more confidently about everyday topics.

45110 Tu 1/14-3/18 1-2 PM \$10/\$12/\$15
Arts and Crafts Room

Estate Planning

It is a common belief that estate planning is only for the very wealthy. Yet everyone needs basic estate planning documents to ensure decisions regarding your assets and your health care preferences are carried out according to your wishes. Jeffrey M Axelson, a principal of Axelson, Williamowsky, Bender and Fishman, P.C., will talk about wills, trusts, power of attorney, living wills and advance directives.

45875 M 1/27 1-2:30 PM Free
Azalea Room

Financial Workshops

Participate in a four-week workshop, hosted by financial advisor, Patrick Berger of Edward Jones Investments in Rockville. Course materials will be provided and attendees should plan on attending all four sessions.

Foundation of Investing

This is an introductory educational program designed for people who want an overview of investing. Class covers basic features of bonds, stocks and mutual funds, key terms and investment types and the importance of proper asset allocation.

45097 W 2/12 1-3 PM Free
Azalea Room

Retirement by Design

Come to this program designed to help answer questions such as: Am I saving enough? What will I do when I retire? Will I even be able to retire? By translating your vision for retirement into tangible goals, you'll learn investment strategies you can use now to help you retire when and how you want to.

45098 W 2/19 1-3 PM Free
Blossom Room

Protecting What's Important

This session will provide you with basic information on different types of insurance including health, disability, life and long term care. You'll become familiar with how these different types of insurance help you attain your goals.

45099 W 2/26 1-3 PM Free

Preparing Your Estate Plan

Designed to help you understand the importance of putting a plan into place to ensure that your wishes will be carried out. You'll become familiar with several processes and tools, including a will, trust, powers of attorney and life insurance. These will assist you in determining which makes the most sense for your unique situation. An estate planning attorney will be present to answer questions.

45100 W 3/5 1-3 PM Free
Azalea Room

New

Seniors

First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Letitia Tyler and Julia Gardiner Tyler

Letitia Christian Tyler was an invalid when her husband became President. She made one social appearance at their daughter's wedding in 1842. Her funeral was held in the same room as the wedding. Julia Gardiner Tyler was saved from a sinking ship in the Potomac by the widowed President. Was their meeting and marriage a storybook romance or a Washington scandal?

45071 M 1/13 10:15-11:15 AM \$5/\$7/\$10

Sarah Childress Polk

This serious minded unpretentious First Lady banned drinking, dancing and card playing from the White House. She took the unusual stance of becoming the President's confidential secretary and advisor. What drove this First Lady to gain the admiration of some and disdain of others?

45072 M 2/24 10:15-11:15 AM \$5/\$7/\$10

Peggy Taylor

A native of Maryland, Taylor spent most of her married life on the frontier and was popular with the troops her husband commanded. She was rarely seen once she became First Lady. She caused her daughter to elope. Why?

45073 M 3/24 10:15-11:15 AM \$5/\$7/\$10
Card Room

French

If you have taken a French class in the last 50 years, this class is for you. Note: \$5 material fee payable to instructor.

45796 Tu & Th 1/28-3/6 3-5 PM \$30/\$35/\$40
Board Room

Seniors are Adults too!

Don't forget to check the class offerings on pages 27-35 for more opportunities.

Guide to Home Improvements

New

The odds are high that something could go wrong with your next home improvement project. Selecting a contractor is the most important part of the home renovation process. Join Jerry Jones, Home Maintenance Program Supervisor, to discuss the basic steps to home improvements, how to select a contractor, filing for permits and inspections, making emergency repairs and other issues that affect you, the homeowner.

45864 W 2/5 1-2:30 PM Free
Azalea Room

Guitar Lessons

New

You've decided to play guitar and you've come to the right place. Our instructor has the experience you need to reach your goals. Classes will cover chords, timing and you will learn to play familiar songs.

Beginner II Guitar

Build upon your guitar playing skills with this class. We will be covering basic chords, scales, note reading and some easy songs. A guitar is required for the class, but rentals will be available for students who need one. All other materials will be provided. Class is for those who have taken at least 6 weeks of a basic beginner class.

45203 W 1/22-2/26 12:10-1:10 PM \$70/\$89/\$112

Broadway Guitar

Enjoy classic show tunes you know and love on guitar! Class will cover scales, chords, rhythms and much more. Students will need a guitar and should have at least 6 months of previous experience. Guitar rentals are available.

45204 W 1/22-2/26 1:15-2:15 PM \$70/\$89/\$112
Board Room/Mittleman

Avoid Compassion Fatigue

New

How can caregivers find support and the strength to provide care for loved ones? What are the signs of caregiver burnout? How can you, as a caregiver, remember the importance of taking care of yourself? Presented by Montgomery Hospice.

45832 Th 3/13 1-2 PM Free
Board Room

Seniors

Introduction to Social Media

Everyone is talking about social media like Facebook, Twitter, Pinterest and Instagram. Join us for an introduction to social media and an overview of how these forums and others are used.

45795 W 1/15 1-3 PM Free/\$2
Azalea Room

Israeli Arab Conflict History

New

Palestinians and Israelis each have a narrative that tells the history of their people. The long standing conflict has added grievances to both national narratives and inflated the differences between them in ways that inflame passions. The lecture will summarize the Israeli and Palestinian conflict history and the role those narratives play in the ongoing conflict.

45125 Th 2/6 10:30 AM-12 PM Free/\$5
Azalea Room

It's Stephen Sondheim Time

New

Enjoy the hits from one of Broadway's best composers, Stephen Sondheim including "A Chorus Line," "Sweeney Todd," "A Funny Thing Happened on the Way to the Forum," "Follies," "Company," "A Little Night Music" and others. Join Irv Chamberlain for this two-part program and appreciate Sondheim at his finest.

45062 W 1/15 & 1/22 1-2:30 PM \$4/\$6/\$9
Azalea Room

Jewish American Jazz Scene

New

Listen and learn about the enormous contribution that Jewish American composers, musicians, and writers have made to the jazz scene. Songs like "Summertime," "I Got Rhythm" and "All the Things You Are" have become jazz standards. There will be live and recorded examples of jazz originals and traditional melodies that have been transposed to jazz.

45085 Tu 2/11 1:15-2:30 PM \$2/\$4/\$6
Azalea Room

Landscape Pastels

New

Learn to paint in a new medium. We will discuss techniques, composition and how to work light and color into your art. For the watercolorist, we will have one class on combining watercolor and pastels. Come and explore this delightful medium with us and expand your creativity. A supply list will be mailed. Register by: 1/1

45023 W 1/8-1/29 10 AM-12 PM \$39/\$49/\$61
Blossom Room/Fry

Mardi Gras Party

New

Let the good times roll with musical entertainment by Frank and Trish of Vintage Entertainment. Don your favorite mask, fluffy boa or funky hat in the purple, green and gold of Mardi Gras! Refreshments follow the program.

45127 Tu 3/4 2-3:30 PM Free/\$5
Carnation Room

Organizing for a Better Life

Join us to share tips and support each other as we organize and de-clutter our homes. This is an informal drop-in group and all are welcome.

45205 Tu 1/14 & 1/28 1-2:30 PM Free/\$4
Health Room

STOP BY OUR THRIFT SHOP

OPEN MONDAY – FRIDAY
10 A.M. – 2 P.M.



DONATIONS ACCEPTED



Clothing, knick-knacks,
glassware, jewelry

(no over-sized furniture or large electronics)

ROCKVILLE SENIOR CENTER
1150 Carnation Drive, Rockville, MD 20850
240-314-8800

Seniors

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues each Commander-in-Chief faced.

John Tyler

Known as the first President by Act of God, this head strong slaveholder entered the White House as one of the youngest Presidents. His administration was marked by economic crisis and sectional conflict. When Tyler died, Northerners denounced him as a traitor. Why?

45068 M 1/6 10:15-11:15 AM \$5/\$7/\$10

James Knox Polk

Young Hickory was tapped to be President by Andrew Jackson. Polk wanted to expand America's borders. He negotiated with Great Britain for the Oregon Territory, offered Spain \$100 million for Cuba and signed a treaty giving the U.S. the rite of passage over the Isthmus of Panama. Many referred to him as the Napoleon of the Stump.

45069 M 2/10 10:15-11:15 AM \$5/\$7/\$10

Zachary Taylor

Known as the hero of Buena Vista, Taylor had spent 40 years serving in the US Army. Most of his life he spent on the frontier. This very popular hero refused to be inaugurated on a Sunday. The controversy surrounding the circumstances of his untimely death remain a mystery in American history.

45070 M 3/10 10:15-11:15 AM \$5/\$7/\$10
Card Room

Piecemakers' Club

Come join our friendly group of quilters. You may work on your own or join a group project. This is a great opportunity to share ideas, techniques and keep current on the latest trends in quilting.

45067 M 1/27-3/17 12:45-2:45 PM \$9/\$13/\$17
Arts and Crafts Room/Broad

Get involved in RSI
(Rockville Seniors Inc.)

Contact Terri Hilton at 240-314-8802.

Planned Giving

Planned gifts frequently requires more planning, negotiating and counseling than other gifts. They can result in immediate income, income to charity over time or serve to delay a gift for life or other period of time while the donor or others retain income and/or access to the assets used to fund the gift. Learn how to maximize your donations. Presented by the Foundation for Financial Education.

45876 Th 1/30 1-2:30 PM Free
Azalea Room

Rebirth of Lafayette Square

Look at the intersection of art, architecture, politics and the late 19th century American intellectualism/progressive movement. Examine the lives of John Hay, Henry and Clover Adams and other prominent Americans who lived in the houses facing the White House, across from Lafayette Square. Jacqueline Kennedy's brief but influential occupancy of the White House will also be discussed.

45086 Tu 3/4 10:30 AM-12 PM \$5/\$7/\$10
Azalea Room

Romance, Mystery and Politics

Rockville's Steve Piacente, an award-winning author, former journalist, university professor and current creative director at a Washington, D.C. PR firm, will discuss his novels, "Bella" and "Bootlicker." "Bella" explores the relationship between a young widow and the reporter she enlists to help reveal the truth after learning the military lied about her husband being killed in battle. "Bootlicker" is a political tale of guilt, hope and redemption that features the same reporter as a younger man.

44856 Th 1/23 11:15 AM-12:15 PM Free/\$5
Board Room



Seniors

Safety in Your Home

New

As we age, home can become a more difficult place to navigate. Whether the concern is steep stairways, cluttered walkways or elevated storage, there are ways to make your home more senior-friendly. Learn what changes occur with age and how to modify your home. Exercises for balance and coordination as well as mobility aids will be reviewed. Presented by Rovenia Mutcherson, PT.

45872 Tu 2/18 1-2 PM Free
Blossom Room

Science Tuesdays

New

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity.

What's the Secret to Living to 100?

Longevity is not controlled completely by luck and genetics. Learn what centenarians have in common. Discuss how to improve your odds of hitting 100 by improving your diet, exercising, cutting down on stress, staying busy, happy and healthy. Presented by Steve Lipson, MD, MPH.

45889 Tu 1/14 1-2 PM Free

Science is Not Just for Kids

You never quite outgrow the excitement of science. If you think science doesn't matter much to you, think again. From your digital alarm clock in the morning to the light you turn off at the end of the day, the world is enabled by science. Discuss the role of science in everyday life with Phyllis Marcuccio, retired science educator and past Rockville Mayor.

45890 Tu 2/11 1-2 PM Free

Which Pet is Right for You

Bring new meaning and purpose to your life. Discuss the many health benefits of pet ownership and how the companionship a pet provides may improve your overall well-being. There may even be some lend-a-pets available. Presented by Ruth Hanessian, winner of the 2008 Rockville Senior Center Corporate Appreciation Award for 25 years of service to our members.

45892 Tu 3/11 1-2 PM Free
Azalea Room

Second Best - U.S. Vice Presidents

Look at the lives and service of those who served as Vice President. The focus will be on the men who faded from the spotlight of American history. Join college professor Joan Adams for a glimpse into the lives of Elbridge Gerry, serving under James Madison and Daniel D. Tompkins, VP with James Monroe.

45124 M 2/3 10:15-11:15 AM \$5/\$7/\$10
Card Room

Stage to Sell

Are you considering selling your home? Highlight your home's strengths, down play its weaknesses and appeal to the greatest possible pool of prospective buyers. Look at your house as a buyer would. Bring pictures if you want to ask questions. Presented by Pat Shultz, realtor.

45189 Tu 2/25 1-2 PM Free
Azalea Room

Strategies to Protect Your Family

New

As we plan for the years ahead, many of us are increasingly anxious about our families' financial security and how it could affect our lives. Learn simple ways you can begin planning now to care for your family in the future. Presented by Mindy Felinton, attorney.

45763 W 3/19 1-3 PM Free
Azalea Room

Tax Preparation Options

New

There are many filing options to choose from to prepare your tax return. You might download or purchase software, pay a tax professional, locate volunteer tax preparation programs, or file taxes yourself. Stan Seeman, CPA and AARP Foundation tax-aide volunteer, will review various programs and discuss pros and cons of each.

45375 Th 2/6 10-11:30 AM Free
Board Room



Need Help With Your Taxes?

SENIOR INCOME TAX ASSISTANCE
Mondays, Feb. 3 – April 14

Appointment Needed | No Fee | Call 240-777-2577

Seniors

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you know the Medicare alphabet? Join representatives from the Senior Health Insurance Assistance Program and learn where to begin and how to get help.

45407 Tu 2/11 7-9 PM Free
Carnation Room

Underground Railroad

New

Riding the Freedom Train brings to life people involved in the anti-slavery movement. There are names you will recognize, in addition to the anonymous citizens who found themselves drawn into the nation's dilemma. Reenactor Candace Ridington plays cameo roles of some dozen individuals. Share in the drama as events moved relentlessly toward Civil War, a crucial era in American history.

45055 W 2/19 1-2:30 PM Free/\$5
Azalea Room

Watercolor - Beginner/Continuing

Learn the beauty and magic of watercolor through basic techniques such as washes, wet-in-wet, dry brush and color mixing. The instructor will demonstrate and there will be studio time to explore these techniques. Focus will also be on values, composition and textures.

45024 Th 1/16-2/27 1-3 PM \$64/\$80/\$100
Blossom Room/Fry

Watercolor - Advanced

This class is for students who have previous experience working in watercolor. Investigate new techniques and refine skills while adding drama to your work. The class will discuss elements, principles, design and other methods to make projects more engaging. Enjoy a small group setting with individual attention.

45050 Th 1/16-2/27 10 AM-12 PM \$64/\$80/\$100
Card Room/Fry



What's It Worth?

New

Bring your antiques and Peenstra Antiques Appraisals and NovaGold LLC will offer free appraisals and advice. Who knows, you could have a real treasure on your hands. Register in advance by January 27th and list your ONE item. The first 30 registrants will have their items evaluated and the audience will get to listen in! You may bring paintings, toys, jewelry, silver, porcelain, coins, furniture and documents.

45059 Tu 2/4 10 AM-12 PM Free/\$5
Carnation Room

Women Living Alone

If you are a woman living alone, join us for this group. We will meet the first Thursday of each month to share experiences and discuss strategies for improving the quality of our lives.

45206 Th 1/2-3/6 1-2:30 PM Free/\$4
Blossom Room

Woodworking for the Birds

New

Get ready for spring and welcome our feathered friends back to Rockville. The woodshop will be buzzing as we make a bird feeder for your home or to give as a gift. You might donate it to the Senior Center. Note: Material list will be mailed to participants prior to class. Register by: 2/18

45373 Tu & Th 2/25 & 2/27 10 AM-12 PM \$8/\$10/\$12
Woodshop

STOP BY OUR

Gift Shop

Open Monday – Friday
10 a.m. – 2 p.m.

Consignments and donations
accepted during Gift Shop hours.

*"Gently used" household and vintage items,
jewelry, knick knacks and more . . .
(No over-sized furniture or large electronics)*

ROCKVILLE SENIOR CENTER
1150 Carnation Dr., Rockville MD 20850
240-314-8800
All proceeds go to Rockville Seniors, Inc.

Seniors

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Backing Up Your Computer

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

45798 Th 3/6 1-3 PM \$7/\$9/\$13
Computer Lab/Hickman

(B) Computer Basics

This class offers a hands-on introduction for beginning computer users. Prerequisite: Use of Keyboard and Mouse. Further free optional training is available in the Beginner Computer Practice Lab, 10 a.m. - Noon on Fridays.

45801 Tu & Th 1/21 & 1/23 10-11:30 AM \$6/\$8/\$11
45802 Tu & Th 2/18 & 2/20 10-11:30 AM \$6/\$8/\$11
45803 Tu & Th 3/18 & 3/20 10-11:30 AM \$6/\$8/\$11
Computer Lab/Frillman

(B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

45884 Tu 1/28 1-3 PM \$6/\$8/\$11
Computer Lab/Martin

(B) Introduction to Word Processing

Word processing allows you to develop a wide range of documents. Unlike a typewriter, once you create a document on screen, you can make changes, correct mistakes and add photos. Learn basic navigation skills using the keyboard and mouse to create a simple document, preview, print and save your file.

45882 Tu & Th 2/25&2/27 1-3 PM \$11/\$15/\$19
Computer Lab/Martin

(B) Keyboard and Mouse - Beginner

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

45804 F 1/3-3/28 10 AM-12 PM Free/\$3/\$5
Computer Lab/Frillman

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. Absolutely no experience required!

45805 W 1/8 10 AM-12 PM \$5/\$7/\$10
45806 W 2/5 10 AM-12 PM \$5/\$7/\$10
45807 W 3/5 10 AM-12 PM \$5/\$7/\$10
Computer Lab/Hickman

(B) Screen Savers

Learn to make a screen saver using your favorite photos. A screen saver can automatically rotate through and display the photos you select.

45883 Th 3/13 1-3 PM \$5/\$7/\$10
Computer Lab/Martin

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

45808 F 3/14 1-3 PM \$8/\$10/\$14
Computer Lab/Bender

(BI) Computer HELP

You have a computer question? We have an answer. No repairs, just solutions. No appointment necessary.

45809 Th 1/9-3/20 3-4 PM Free/\$5
Computer Lab/Hickman

Intermediate Photography (IP) DISCOUNT

Participants registering for two or more IP classes may apply for a \$5 discount. To receive a discount, participants must register by mail, fax or walk-in.

Seniors

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

45811 M 3/24 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(BI) Speech Recognition

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or emails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Dragon Speech Recognition. Program requires Windows 7 or 8.

45812 Tu 1/7 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(I) e-Bay and Craig's List

Everyone has "junk" in their attic. Learn how to turn it into cash using e-Bay, Paypal and Sniping. Acquire new merchandise for sale and profit. Write your own eye-catching ads. Learn how to use watch lists, reserves, feedback and how to avoid fraud. Prerequisite: Ability to access the Internet. Note: \$10 manual fee payable to instructor at first class.

45813 Tu 3/4-3/25 1-3 PM \$39/\$48/\$59
Computer Lab/Bender

(I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

45814 Th 2/6 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Facebook - Intermediate

If you already have a Facebook account and want to learn how to enhance your page, add or delete friends, or just be more comfortable using the site, join this class for personalized instruction.

45815 Th 2/13 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Laptops

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features.

45816 Tu & Th 2/4 & 2/6 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Handouts included.

45817 Tu & Th 1/14 & 1/16 10 AM-12 PM \$15/\$20/\$26
Computer Lab/Hickman

(I) Microsoft Excel 2007

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (07 Version). Note: \$5 material fee payable to instructor at first class.

45818 M & W 1/13-1/22 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 material fee payable to instructor at first class.

45820 M & W 3/10-3/17 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Options Trading

New

Compared to buying and selling stocks, options are new to the financial neighborhood. We'll learn about options and how this form of trading can be used to supplement or supplant investments in company stock issues. This program is meant to convey an understanding of option manipulation and will not be used to give options investment advice.

45831 Tu & Th 1/14-1/23 1-3 PM \$36/\$46/\$52
Computer Lab/Bender

Seniors

(I) PowerPoint

Let's take the PowerPoint Workshop to another level. Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 material fee payable to instructor at the first class.

45821 M & W 1/27-2/3 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Thumb Drives , Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your flash drive to any other computer. It's important to have a backup copy of work on your computer.

45822 W 3/19 10 AM-12 PM \$9/\$11/\$15
Computer Lab/Hickman

(I) Twitter

Twitter is an online social networking service that enables users to send and read text-based posts of up to 140 characters, informally known as tweets. Come learn how you can use this messaging tool as a new form of communication.

45827 Th 3/20 1-3 PM \$9/\$11/\$15
Computer Lab

(I) Windows 7: Level 1

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor settings and power settings. Have questions about security? Protecting your computer is easy with Windows 7.

45823 Tu & Th 2/25-3/4 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Windows 7: Level 2

You have picked up the basic features of Windows 7, now learn about more advanced tools such as auto-arranging your desktop, using sticky notes and the gadget feature and more.

45824 Tu & Th 3/6-3/13 10 AM-12 PM \$27/\$31/\$42
Computer Lab

(IP) Photoshop

New

Layers, masks, alpha channels, compositing and camera raw will be covered first using supplied photographs as examples and then using student photographs for practical application. Note: \$10 materials fee payable to instructor at first class.

45826 M, W & F 2/10-3/14 3-5 PM \$117/\$143/\$167
Computer Lab/Bender

(IP) Advanced Photoshop

For those who have some experience using Photoshop, additional techniques will be introduced such as compositing, image adjustment and creation, working with collages, photographic borders, business cards and more. Note: \$5 material fee payable to instructor.

45880 M & W 3/17-3/26 3-5 PM \$36/\$46/\$52
Computer Lab/Bender

(IP) Digital Photos - Soup to Nuts

This program will show you how to calibrate your camera for the best possible results. Fully explore the use of automatic photo settings, the built-in flash, photo stitching, relationships between aperture and shutter control, as well as how to broaden the experience within High Dynamic Range (HDR) photography and more. Note: \$10 material fee payable to instructor at the first class.

45825 M, W & F 1/13-1/31 3-5 PM \$99/\$125/\$149
Computer Lab/Bender



Seniors

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.



Afternoon Tone and Stretch

This class concentrates on your muscle strength and flexibility. Starting gently, we'll work every part of your body to improve circulation, strength and muscle tone. Participants will use exercise tubes, weights, stability balls and mats.

45132 W 1/8-3/5 2:15-3:15 PM \$30/\$37/\$45
Exercise Room/Owen

Aging Together: Pets and People *New*

Research shows that time with pets can lower blood pressure, reduce depression, loneliness and improve overall health. Kathleen Anderson, MSc, MA and owner of Custom Cuddles will discuss concerns shared by aging pet owners. Learn about resources in our community to support elders who want to keep their pets.

45870 Th 1/16 1-2:30 PM Free
Azalea Room

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

45133 Tu & Th 1/7-3/6 1-2 PM \$50/\$62/\$75
Exercise Room/Owen

Cardio Motion

Try this great new program designed to offer 30 minutes of easy to follow cardio dance movements followed by 30 minutes of strength training for a complete workout.

45136 M & W 1/6-3/12 1-2 PM \$45/\$54/\$65
Exercise Room/Riggs

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

45138 F 1/10-3/7 1:30-2:30 PM \$27/\$34/\$40
Exercise Room/Owen



Chair Exercise

These exercises are gentle and designed to start slowly and build gradually. This seated program, performed to music, is for men and women. Patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and to promote better circulation.

45139 M & W 1/6-3/12 11 AM-12 PM \$45/\$56/\$67
Exercise Room/Ramsey

Chair Yoga

This class is designed for participants who cannot meet the demands of a physically straining exercise class. Done seated, modifications of standard yoga poses will be used and work will be done with breathing, focusing attention on gentle stretching and balance issues. No previous experience necessary.

45140 Th 1/9-3/6 10-10:50 AM \$47/\$59/\$70
Blossom Room/Fligore

Chair Zumba *New*

This class allows the participant to enjoy all of the Zumba dance moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music.

45810 M 1/9-3/6 2:15-3:15 PM \$40/\$50/\$60
Exercise Room/Riggs

Circuit Fit

This program consists of 10 exercise stations each completed for a 60-second interval, with a short rest period between. Circuit training is a challenging form of conditioning, targeting strength, endurance, flexibility and coordination. Instructor is a nationally-certified personal trainer. Must be a Fitness Club member to participate.

45141 Th 1/9-3/13 1-2:15 PM \$40
Fitness Room/Rideout

Seniors

Diabetes Type 2 - Prevention

New

Learn ways to change your lifestyle, improve your health and prevent Type 2 Diabetes. If you are overweight, have a family history or at risk of diabetes, this program and support group will help guide you. This is a Centers for Disease Control and Prevention (CDC) led National Diabetes Prevention Program. Group meets for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach. Program offered by BaiQuest International, LLC, (CDC recognized).

45200 Tu 1/7-4/22 1-2 PM Free
Card Room

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements that allow Zumba participants to dance away their worries. Great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

45142 M 1/6-3/17 10-10:50 AM \$30/\$37/\$45
Exercise Room/Hatch

Ask the *Wellness Coach!*

Let our coach check your
body fat composition

Ask questions related to nutrition,
diet and general health.

Call for your free 15-minute
appointment or stop by the
fitness room desk.
(Fitness Center Members
Only)

240-314-8813



Fitness Club

Interested in becoming a Fitness Club member? Join our "state of the art" fitness room. Basic equipment training is required for new members for a one-time fee of \$10. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The fitness membership fee is \$75 annually.

Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk.

45143 M-F 1/6-4/25 8 AM-6 PM \$10

Exercise Machine Training - Plus

For those individuals who would like more than the required basic training program, this training is led by one of our certified personal trainers. You will receive a basic exercise plan designed specifically for you at the conclusion of your session.

45144 M-F 1/6-4/25 8 AM-6 PM \$30
Fitness Room/TBA

Forever Fit

New

This is a great class for seniors just beginning an exercise routine. Receive a total body workout that combines cardio exercise, strength training and flexibility.

45379 Tu & Th 1/7-3/6 10-10:50 AM \$55/\$69/\$81
Exercise Room/Maguire

Hearing Loss Discussion Group

Join us for a group discussion regarding hearing loss in our lives and ways to adjust and cope with this challenge. Meets the second Thursday of each month.

45207 Th 1/9-1/23 1-2:30 PM Free
Arts and Crafts Room

Indoor Walking

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that will help increase circulation, boost your immune system and burn calories. Walk more than one mile each class.

45146 Tu & Th 1/7-3/6 12:25-12:55 PM \$22/\$27/\$33
Exercise Room/Owen

Seniors

Lean Forever

New

Two thirds of Americans are obese. Obesity related diseases account for 500,000 deaths each year. If you are overweight, don't feel bad . . . we are programmed to keep weight on at all costs. It's in our genes! Dr. Rifkin, DC, of Rifkin Chiropractic and Wellness Center, will discuss dieting myths that lead to weight gain and what we can do to burn fat and keep weight off permanently.

45197 Tu 3/18 1-2 PM Free
Azalea Room

Listen Up! Hearing Loss Surgical Options

While it commonly affects older adults, hearing loss is difficult at any age. Dr. Wade Chien, neuro-otologist, Johns Hopkins Otolaryngology Head and Neck Specialty Services, will explain the challenges of hearing loss and surgical options for improved hearing.

45196 W 1/29 1-2 PM Free
Azalea Room

Love Your Heart Everyday

New

Join Suburban Hospital's Heart Well Nurse in discussing strategies to love our hearts every day. Recommendations for exercise, recipes and stress management will be included.

45193 Th 2/13 1-2 PM Free
Azalea Room



ASK THE TRAINER!

Questions about your workout?

LET OUR TRAINER HELP YOU!

Call for a free 15-minute appointment.
(Fitness Members Only)

- Mondays, 5-6 p.m.
- Thursdays, 9-10 a.m.
- Fridays, 9-10 a.m.

240-314-8813

Neuropathic Pain

New

This chronic pain results from injury to the nervous system, due to several conditions and diseases. Yvonne D'Arcy, CRNP, pain management and palliative care nurse at Suburban Hospital, will highlight some of these diseases and conditions, how they affect the nerves and how neuropathic pain is treated.

45201 Th 2/27 1-2 PM Free
Blossom Room

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. For Fitness Club members only. (Ongoing)

One - One Hour Session

45150 M & W 1/6-4/30 9 AM-4:50 PM \$45

Partner Training

Partner Training - Come with your spouse, or a friend and train together in this one hour session.

45151 Tu & Th 1/7-4/24 9 AM-4:50 PM \$70

Three - One Hour Sessions

45152 M & W 1/6-4/30 9 AM-4:50 PM \$120

Six - One Hour Sessions

45153 Tu & Th 1/7-4/24 9 AM-4:50 PM \$235

Ten - One Hour Sessions

45154 Tu & Th 1/7-4/24 9 AM-4:50 PM \$375

Fitness Room/Biedscheid



Seniors

Positive Aging

Discuss issues related to aging such as coping with loss, taking care of ourselves, relationships with adult children, dealing with loneliness and planning for the future. Group meets first and third Tuesday of the month.

45208 Tu 1/7-3/18 1-2:30 PM Free
Board Room

Power Zumba Gold

This new class will offer a half hour of strength training using light weights, resistance bands and body weight. The second half hour is Zumba. This great combination of strength training and cardio offers a total body workout.

45835 Th 1/9-3/6 5-6 PM \$30/\$37/\$45
45791 F 1/10-3/7 11 AM-12 PM \$30/\$37/\$45
Exercise Room/Riggs

Senior Aerobic Workout

Step up to the latest exercise designed for those seniors who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times.

45156 Tu & Th 1/7-3/6 11 AM-12 PM \$45/\$56/\$67
45836 W 1/8-3/5 6:15-7:15 PM \$25/\$32/\$38
Exercise Room/Klopfer/Smith

Senior Belly Dance

Enjoy an expressive, exciting and energetic activity with movements based on the ancient dances of North Africa, the Middle East and Mediterranean. This low-impact form of exercise is suitable for all ages and body types. Receive the benefits of improved posture, muscle tone, weight loss and stress reduction.

45158 M 1/6-3/17 2:15-3:15 PM \$37/\$46/\$55
Exercise Room/Porter-Nelson

Senior Boot Camp

Looking to increase your level of fitness? Designed to challenge active seniors, increase energy, reduce stress and build confidence, this fun, yet challenging class is a great workout.

45159 F 1/10-3/7 3:30-4:30 PM \$40/\$50/\$60
Exercise Room/Maguire

Senior Core Fusion

New

Condition your body and increase flexibility in this fusion class, which is a combination of yoga, Pilates and functional core training. Stability balls and mats will be used.

45794 Tu 1/7-3/4 4-4:45 PM \$40/\$48/\$57
45839 F 1/10-3/7 1:45-2:30 PM \$40/\$48/\$57
Exercise Room/Biedscheid/Maguire

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center. (Ongoing)

45161 M & W 1/6-3/19 1:30-2:15 PM Free
45162 M & W 1/6-3/19 2:20-3:05 PM Free
Carnation Room/Aehle

Senior Pilates - Beginner

Learn all the basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided).

45164 M 1/6-3/17 8:45-9:30 AM \$53/\$66/\$79
Thomas Farm CC/Ramsey

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

45165 Tu 1/7-3/4 2:15-3 PM \$53/\$66/\$79
45166 Tu & Th 1/7-3/6 2:15-3 PM \$95/\$119/\$142
Exercise Room/Klopfer



Seniors

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors.

45167 F 1/10-3/7 9-9:45 AM \$35/\$44/\$52
Thomas Farm CC/Ramsey

Senior Strength Training

Designed to build muscle strength, endurance and improve balance. Instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes.

45169 Tu & Th 1/7-3/6 9-9:45 AM \$59/\$74/\$89
Exercise Room/Ramsey

Senior Stretch and Relax

New

This class is designed to help increase your flexibility, restore your body's natural alignment and release tension and stress. Try this 30-minute class to help you relax the mind and body.

45149 W 1/8-3/5 12:15-12:45 PM \$25/\$32/\$38
Exercise Room/Maguire



Rockville Senior Center FITNESS CENTER

**It's the best time to be a
senior in Rockville!**

Open:

7 a.m. – 7 p.m. Monday-Friday

7 a.m. – 3 p.m. Saturday

www.rockvillemd.gov/seniorcenter

240-314-8800

Senior T'ai Chi Ch'uan - Beginner

Combine body movement, breathing and mental awareness to promote health and relaxation. Practiced in slow, circular, continuous movements, this class offers relaxation, breathing techniques and range-of-motion routines. For Senior Center members only.

45170 Tu & Th 1/7-3/6 10-10:50 AM \$8
Carnation Room/Tuanmu

Senior T'ai Chi Ch'uan - Intermediate

Participants should have a basic knowledge of T'ai Chi Ch'uan. This class combines intermediate body movements with breathing and mental awareness to help promote health and relaxation. For Senior Center members only.

45171 M 1/6-3/17 10-10:50 AM \$5
Carnation Room/Tuanmu

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only an hour. Class can be modified for most fitness levels.

45172 W 1/8-3/5 5-6 PM \$40/\$50/\$60
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

45174 M 1/6-3/17 7-8 PM \$50/\$63/\$75
45173 W & F 1/8-3/7 9:50-10:50 AM \$88/\$110/\$132
Exercise Room/Figlure

Show Stoppers

Enjoy this spin-off group from the senior aerobic workout group who perform at various functions. If you are interested in learning, practicing and performing choreographed dance routines, join this group and be a star.

45175 Tu 1/21-3/18 12:15-1 PM Free
Carnation Room/Maguire

Seniors

Stay in Sight

New

Learn about eye diseases and problems that can occur in the senior population. Dr. Neal Adams, ophthalmologist, will describe signs and symptoms of common vision conditions, including cataracts, glaucoma, dry eye syndrome and refraction problems that become more evident as we age.

45202 Th 3/27 1-2 PM Free
Azalea Room

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 28 years.

45195 M 1/6-3/10 1-2 PM \$30/\$35/\$40
Board Room

Toning Table Training

Training is required to use the toning tables in the Fitness Room. Register at the front desk for an appointment. Bring a towel, wear long pants and socks. Must be a Senior Center member and a Fitness Club member.

45181 Tu, F 1/7-2/7 10-11 AM Free
Fitness Room/Maguire

Total Conditioning Workout

This strength building, non-cardio fitness class is for men and women. Workouts are designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels.

45182 M 1/6-3/17 9-9:45 AM \$40/\$48/\$57
45183 F 1/10-3/7 12:30-1:15 PM \$40/\$48/\$57
Exercise Room/Klopfer

Understanding Your Pain

New

This program will uncover the reasons behind many common conditions, including causes of neck and back pain. See how you can control your pain and enhance your quality of life without surgery. Presented by Dr. Moshin Sheikh, Founder and Medical Director of Medicine, Pain and Spine Rehab Associates.

45194 Tu 1/21 1-2:30 PM Free
Azalea Room

Yoga Flow

New

Sequence through basic yoga poses, including warrior 2, chair, tree pose, in a slow-to-moderate flow pattern. This practice begins with a warm-up and ends with a relaxation period.

45837 Tu & Th 1/7-3/6 1-2 PM \$65/\$81/\$98
Exercise Room/Maguire

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

45185 W 1/8-3/5 8:30-9:15 AM \$45/\$56/\$67
45931 F 1/10-3/7 8:30-9:15 AM \$45/\$56/\$67
Exercise Room/Maguire

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun, different and effective. Zumba Gold is great for the body and soul and provides a total workout.

45186 M 1/6-3/17 5-6 PM \$30/\$37/\$45
45187 Tu 1/7-3/4 5:45-6:45 PM \$30/\$37/\$45
Exercise Room/Hatch

Sports - Instructional

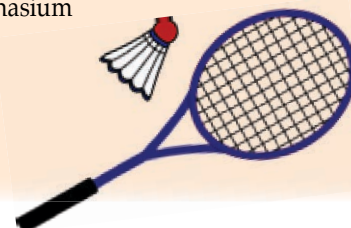
We recommend bringing a water bottle to all sports programs.



Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents. (Ongoing)

45134 W & F 1/8-4/25 8:45-9:45 AM Free
Twinbrook CRC -Gymnasium



Seniors

Softball Pizza Party

How can you be a part of our Rockville Senior Softball Team in 2013? Come to our pizza party! All former members and anyone interested in playing softball this coming season should attend this meeting.

45176 W 2/12 12:30-2 PM Free
Board Room

Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play but the game also helps increase dexterity, flexibility, coordination and reflexes. Paddles and balls available.

45179 M 1/27-3/10 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination. Paddles and balls available.

45178 W 1/22-2/26 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

45177 F 1/24-2/28 1-2 PM \$25/\$31/\$37
Game Room

Table Tennis Tournament

It's time to show us what you've got! Let's all get together for a friendly table tennis competition. Everyone must register for this activity and be a Senior Center Member.

45861 Th 3/27 1-3:30 PM \$5
Game Room



Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

45184 F 1/10-3/7 10 AM-12 PM Free
Board Room

Sports - Leagues

We recommend bringing a water bottle to all activities.



Game Room Activities

Pool table, table tennis and a dart board are available. Practice games, clinics, instruction and tournaments are held. Monday - Friday, 8:30 a.m.-4:50 p.m.; Saturday, 8:30 a.m.- 12:50 p.m. For Senior Center members only. Table tennis available at Twinbrook Community Recreation Center, on Wednesday, 9-10 a.m. The game room will now be open until 7 p.m. on Monday and Wednesday evenings.

45145 M-Sa 1/6-4/12 8:30 AM-5 PM Free
Game Room

Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents. (Ongoing)

45148 W & F 1/8-4/25 10-11 AM Free/\$10
Thomas Farm CC - Gymnasium

Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. Note: Weekly \$8.75 fee is payable directly to Bowl America (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental.

45180 Th 1/9-3/27 1-3 PM Free
Bowling Alley/Jaques

Trips

Registration procedure for all trips: An in-person lottery registration will be held on Thursday, January 9 at the Senior Center. Interested members and City residents may draw lottery numbers from 10:15-10:30 a.m., with numbers called in random order. Registrations will be accepted at the Senior Center only. Non-residents and non-members may register Tuesday, January 14. Individuals may register for themselves and one other person. The fee listed is payable at the time of registration. Senior Center membership dues must be current through day of trip to receive member fee.

Maryland Live!

New

Join us for a trip to Maryland Live Casino! the mid-Atlantic region's newest gaming destination. This world-class casino, located at the Arundel Mills Mall, has Vegas-style slot machines and electronic table games. Lunch will be on your own with choices such as The Cheesecake Factory, Phillips Seafood, Bobby Flay's Burger Palace and more. Trip includes leadership and charter bus transportation. Note: Package availability will be announced at trip registration.

45051 F 1/31 9 AM-3 PM \$32/\$40/\$46
Departs: Glenview Mansion

Rainbow Dinner Theatre "Weekend Comedy"

New

To celebrate the month of love and Valentine's Day, we'll travel to The Rainbow Dinner Theatre to see "Weekend Comedy." The Theatre founders, Cindy and David DiSavino will star in this romantic romp about a couple away for a romantic weekend. Laughter ensues as they face mature love vs. new love. Enjoy a buffet lunch prior to the show. Trip includes charter bus transportation, leadership, lunch and show.

45087 Th 2/13 8 AM-6:30 PM \$95/\$119/\$137
Departs: Glenview Mansion



Seniors



Experience Annapolis

New

The State Senate will be in session and we'll have an opportunity to see our government in action. A tour of the State House and lunch will complete our day in Annapolis.

Trip includes charter bus transportation, leadership, lunch and tour.

45834 W 2/26 9 AM-3 PM \$52/\$65/\$75
Departs: Glenview Mansion

"Spamalot" at Toby's

New

Toby's in Columbia is producing the first regional production of "Spamalot." Taken from the classic film comedy, "Monty Python" and "The Holy Grail," this Tony Award winning musical raises silliness to an art form. This tale of King Arthur and his Knights of the Round Table and the quest for the Holy Grail is filled with music and merriment. Don't miss this highly entertaining show! Trip includes buffet lunch, show, leadership and charter bus transportation.

45769 W 3/12 9:30 AM-4 PM \$70/\$88/\$110
Departs: Glenview Mansion

Springtime in Washington

New

Cherry blossom season should be in full bloom as we travel to DC. We will drive by the Tidal Basin on our way to Ford's Theatre for a production of "The 25th Annual Putnam County Spelling Bee." This Tony Award winning musical comedy with adult humor is sure to be a crowd pleaser. The show follows six awkward adolescents through the daunting and hilarious trials and tribulations of the Bee. Along the way, they learn many life lessons and gain a sense of belonging. Four audience members will be included in the spelling contest. We will have lunch prior to the performance. Trip includes: charter bus transportation, leadership, lunch and show.

45770 F 4/11 10 AM-5 PM \$90/\$112/\$128
Departs: Glenview Mansion



Aquatics

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
 240-314-8750



The Swim Center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

Swim Center CLOSED
Jan 1 – New Year's Day

Fees:

M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Residents or Swim Center Members
 Thursday, Dec. 5, 8:30 a.m.

Non-residents or Non-members
 Thursday, Dec. 12, 8:30 a.m.

Snow day make-ups: Feb. 22-23

Registration Deadline

One week prior to start date

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor. Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to: Fax to:

Swimming Lessons

Swimming Lessons

RSFC

240-314-8759

355 Martins Lane

Rockville, MD 20850

Check Out Our Fitness Room

Featuring:

- Rowing Machines
- 4 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750

www.rockvillemd.gov/swimcenter



Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: Non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Note: Pants are on sale at the Center.

Bubblers 1

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety.

Age: 6-18 months				M/NM
45473	Sa	1/4-2/15	10:50-11:20 AM	\$62/\$78
45471	Su	1/5-2/16	10:25-10:55 AM	\$62/\$78
45469	Tu	1/7-2/18	9-9:30 AM	\$62/\$78
45470	Tu	2/25-4/8	9-9:30 AM	\$62/\$78
45474	Sa	3/1-4/12	10:50-11:20 AM	\$62/\$78
45472	Su	3/2-4/13	10:25-10:55 AM	\$62/\$78

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking.

Age: 18 months -3 years				M/NM
45475	Sa	1/4-2/15	10:10-10:40 AM	\$62/\$78
45479	Su	1/5-2/16	9:50-10:20 AM	\$62/\$78
45482	Su	1/5-2/16	11:30 AM-12 PM	\$62/\$78
45477	M	1/6-2/17	2-2:30 PM	\$62/\$78
45481	Th	1/9-2/20	9-9:30 AM	\$62/\$78
45478	M	2/24-4/7	2-2:30 PM	\$62/\$78
45484	Th	2/27-4/10	9-9:30 AM	\$62/\$78
45476	Sa	3/1-4/12	10:10-10:40 AM	\$62/\$78
45480	Su	3/2-4/13	9:50-10:20 AM	\$62/\$78
45483	Su	3/2-4/13	11:30 AM-12 PM	\$62/\$78



Bobbers 1

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking.

Age: 3-5				M/NM
45453	Sa	1/4-2/15	11:25-11:55 AM	\$62/\$78
45455	Sa	1/4-2/15	9-9:30 AM	\$62/\$78
45457	Su	1/5-2/16	9:15-9:45 AM	\$62/\$78
45461	Su	1/5-2/16	11-11:30 AM	\$62/\$78
45452	W	1/8-2/19	2-2:30 PM	\$62/\$78
45451	Th	1/9-2/20	9:30-10 AM	\$62/\$78
45459	W	2/26-4/9	2-2:30 PM	\$62/\$78
45460	Th	2/27-4/10	9:30-10 AM	\$62/\$78
45454	Sa	3/1-4/12	11:25-11:55 AM	\$62/\$78
45456	Sa	3/1-4/12	9-9:30 AM	\$62/\$78
45458	Su	3/2-4/13	9:15-9:45 AM	\$62/\$78
45462	Su	3/2-4/13	11-11:30 AM	\$62/\$78

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well.

Age: 3-5				M/NM
45463	Sa	1/4-2/15	9:35-10:05 AM	\$62/\$78
45465	Sa	1/4-2/15	8:25-8:55 AM	\$62/\$78
45467	Su	1/5-2/16	8:40-9:10 AM	\$62/\$78
45464	Sa	3/1-4/12	9:35-10:05 AM	\$62/\$78
45466	Sa	3/1-4/12	8:25-8:55 AM	\$62/\$78
45468	Su	3/2-4/13	8:40-9:10 AM	\$62/\$78

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters 1 class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
45510	M	1/6-2/17	4:40-5:10 PM	\$67/\$84
45511	W	1/8-2/19	4:40-5:10 PM	\$67/\$84
45512	M	2/24-4/7	4:40-5:10 PM	\$67/\$84
45513	W	2/26-4/9	4:40-5:10 PM	\$67/\$84

Aquatics

Preschool Swim

We love parents ... but in order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Floaters I

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
45523	Sa	1/4-2/15	9-9:40 AM	\$67/\$84
45524	Sa	1/4-2/15	10:30-11:10 AM	\$67/\$84
45525	Sa	1/4-2/15	11:15-11:55 AM	\$67/\$84
45526	Su	1/5-2/16	9-9:40 AM	\$67/\$84
45527	Su	1/5-2/16	9:45-10:25 AM	\$67/\$84
45528	Su	1/5-2/16	10:30-11:10 AM	\$67/\$84
45529	Su	1/5-2/16	11:15-11:55 AM	\$67/\$84
45514	M	1/6-2/17	3:30-4 PM	\$67/\$84
45515	M	1/6-2/17	4:05-4:35 PM	\$67/\$84
45516	Tu	1/7-2/18	4:30-5 PM	\$67/\$84
45517	Tu	1/7-2/18	5:05-5:35 PM	\$67/\$84
45518	Tu	1/7-2/18	5:40-6:10 PM	\$67/\$84
45519	W	1/8-2/19	4:05-4:35 PM	\$67/\$84
45520	Th	1/9-2/20	5:40-6:10 PM	\$67/\$84
45521	F	1/10-2/21	3:30-4 PM	\$67/\$84
45522	F	1/10-2/21	4:40-5:10 PM	\$67/\$84
45530	M	2/24-4/7	3:30-4 PM	\$67/\$84
45531	M	2/24-4/7	4:05-4:35 PM	\$67/\$84
45532	Tu	2/25-4/8	4:30-5 PM	\$67/\$84
45533	Tu	2/25-4/8	5:05-5:35 PM	\$67/\$84
45534	Tu	2/25-4/8	5:40-6:10 PM	\$67/\$84
45535	W	2/26-4/9	4:05-4:35 PM	\$67/\$84
45536	Th	2/27-4/10	5:40-6:10 PM	\$67/\$84
45537	F	2/28-4/11	3:30-4 PM	\$67/\$84
45539	F	2/28-4/11	4:40-5:10 PM	\$67/\$84
45540	Sa	3/1-4/12	9-9:40 AM	\$67/\$84
45541	Sa	3/1-4/12	10:30-11:10 AM	\$67/\$84
45542	Sa	3/1-4/12	11:15-11:55 AM	\$67/\$84
45543	Su	3/2-4/13	9-9:40 AM	\$67/\$84
45544	Su	3/2-4/13	9:45-10:25 AM	\$67/\$84
45545	Su	3/2-4/13	10:30-11:10 AM	\$67/\$84
45546	Su	3/2-4/13	11:15-11:55 AM	\$67/\$84

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and know how to swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, kicking, arm strokes and rhythmic breathing.

Age: 4-6				M/NM
45557	Sa	1/4-2/15	9:45-10:25 AM	\$67/\$84
45558	Sa	1/4-2/15	11:15-11:55 AM	\$67/\$84
45559	Su	1/5-2/16	9:45-10:25 AM	\$67/\$84
45560	Su	1/5-2/16	11:15-11:55 AM	\$67/\$84
45547	M	1/6-2/17	4:05-4:35 PM	\$67/\$84
45549	Tu	1/7-2/18	5:05-5:35 PM	\$67/\$84
45551	W	1/8-2/19	3:30-4 PM	\$67/\$84
45553	Th	1/9-2/20	5:05-5:35 PM	\$67/\$84
45567	Th	1/9-2/20	4:30-5 PM	\$67/\$84
45555	F	1/10-2/21	4:05-4:35 PM	\$67/\$84
45565	F	1/10-2/21	3:30-4 PM	\$67/\$84
45548	M	2/24-4/7	4:05-4:35 PM	\$67/\$84
45552	W	2/26-4/9	3:30-4 PM	\$67/\$84
45554	Th	2/27-4/10	5:05-5:35 PM	\$67/\$84
45568	Th	2/27-4/10	4:30-5 PM	\$67/\$84
45556	F	2/28-4/11	4:05-4:35 PM	\$67/\$84
45566	F	2/28-4/11	3:30-4 PM	\$67/\$84
45561	Sa	3/1-4/12	9:45-10:25 AM	\$67/\$84
45562	Sa	3/1-4/12	11:15-11:55 AM	\$67/\$84
45563	Su	3/2-4/13	9:45-10:25 AM	\$67/\$84
45564	Su	3/2-4/13	11:15-11:55 AM	\$67/\$84
45569	Su	3/2-4/13	10:30-11:10 AM	\$67/\$84

Strokers I

Children who can swim a combined stroke on their front and back and can do kicking with arm stroking for at least eight yards should take this class. Stroke development, back crawl, whip kick, treading water and rhythmic breathing will be taught.

Age: 4-7				M/NM
45591	Sa	1/4-2/15	9:45-10:25 AM	\$67/\$84
45592	Su	1/5-2/16	9-9:40 AM	\$67/\$84
45593	Su	1/5-2/16	11:15-11:55 AM	\$67/\$84
45587	M	1/6-2/17	4:40-5:10 PM	\$67/\$84
45588	W	1/8-2/19	4:05-4:35 PM	\$67/\$84
45589	Th	1/9-2/20	5:05-5:35 PM	\$67/\$84
45590	F	1/10-2/21	4:40-5:10 PM	\$67/\$84
45594	M	2/24-4/7	4:40-5:10 PM	\$67/\$84
45595	W	2/26-4/9	4:05-4:35 PM	\$67/\$84
45596	Th	2/27-4/10	5:05-5:35 PM	\$67/\$84

Aquatics

Strokers I (continued)

45597	F	2/28-4/11	4:40-5:10 PM	\$67/\$84
45598	Sa	3/1-4/12	11:15-11:55 AM	\$67/\$84
45599	Su	3/2-4/13	9-9:40 AM	\$67/\$84

Strokers 2

This class is for children who can swim a coordinated crawl stroke and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl and treading water. Students will be introduced to elementary backstroke and breaststroke.

Age: 4-7				M/NM
45604	Sa	1/4-2/15	9-9:40 AM	\$67/\$84
45605	Su	1/5-2/16	10:30-11:10 AM	\$67/\$84
45601	Tu	1/7-2/18	5:40-6:10 PM	\$67/\$84
45603	Th	1/9-2/20	4:30-5 PM	\$67/\$84
45607	Tu	2/25-4/8	5:40-6:10 PM	\$67/\$84
45608	W	2/26-4/9	4:40-5:10 PM	\$67/\$84
45609	Th	2/27-4/10	4:30-5 PM	\$67/\$84
45610	Sa	3/1-4/12	9:45-10:25 AM	\$67/\$84
45611	Sa	3/1-4/12	10:30-11:10 AM	\$67/\$84
45612	Su	3/2-4/13	11:15-11:55 AM	\$67/\$84

Children/Teen Swim

We love parents ... but to assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming five yards front and back. Children must also be able to put their face all the way in the water and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 6+				M/NM
45634	Sa	1/4-2/15	9:45-10:25 AM	\$62/\$77
45635	Sa	1/4-2/15	10:30-11:10 AM	\$62/\$77
45636	Su	1/5-2/16	10:30-11:10 AM	\$62/\$77
45639	Su	1/5-2/16	12-12:40 PM	\$62/\$77
45632	W	1/8-2/19	3:30-4 PM	\$62/\$77
45641	F	1/10-2/21	4:05-4:35 PM	\$62/\$77
45633	W	2/26-4/9	3:30-4 PM	\$62/\$77
45642	F	2/28-4/11	4:05-4:35 PM	\$62/\$77

45637	Sa	3/1-4/12	9-9:40 AM	\$62/\$77
45638	Su	3/2-4/13	10:30-11:10 AM	\$62/\$77
45640	Su	3/2-4/13	12-12:40 PM	\$62/\$77

Youth 2

A class for children who can submerge for 5-10 seconds and do a front float. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 6+				M/NM
45643	Sa	1/4-2/15	9-9:40 AM	\$62/\$77
45644	Sa	1/4-2/15	10:30-11:10 AM	\$62/\$77
45645	Su	1/5-2/16	9-9:40 AM	\$62/\$77
45646	Su	1/5-2/16	12-12:40 PM	\$62/\$77
45652	M	1/6-2/17	3:30-4 PM	\$62/\$77
45649	Tu	1/7-2/18	4:30-5 PM	\$62/\$77
45653	M	2/24-4/7	3:30-4 PM	\$62/\$77
45650	Tu	2/25-4/8	4:30-5 PM	\$62/\$77
45647	Sa	3/1-4/12	9:45-10:25 AM	\$62/\$77
45648	Su	3/2-4/13	9-9:40 AM	\$62/\$77
45651	Su	3/2-4/13	12-12:40 PM	\$62/\$77

Youth 3

Children who can swim a combined stroke for five yards (kicking while moving their arms) on their front and back should take this class. Children will learn back crawl, whip kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 6+				M/NM
45654	Sa	1/4-2/15	9-9:40 AM	\$62/\$77
45655	Su	1/5-2/16	9:45-10:25 AM	\$62/\$77
45656	Su	1/5-2/16	10:30-11:10 AM	\$62/\$77
45657	Su	1/5-2/16	12-12:40 PM	\$62/\$77
45658	Sa	3/1-4/12	9-9:40 AM	\$62/\$77
45659	Sa	3/1-4/12	10:30-11:10 AM	\$62/\$77
45660	Su	3/2-4/13	9-9:40 AM	\$62/\$77
45661	Su	3/2-4/13	9:45-10:25 AM	\$62/\$77
45662	Su	3/2-4/13	10:30-11:10 AM	\$62/\$77
45663	Su	3/2-4/13	12-12:40 PM	\$62/\$77

Youth 4

Children who are comfortable in the water and can swim a coordinated crawl stroke and backstroke for 15 yards should take this class. Children will work on perfecting front and

Aquatics

back crawl and treading water. Elementary back stroke and breaststroke as well as butterfly arms will be introduced.

Age: 6+				M/NM
45665	Sa	1/4-2/15	10:30-11:10 AM	\$62/\$77
45666	Sa	1/4-2/15	11:15-11:55 AM	\$62/\$77
45667	Su	1/5-2/16	9-9:40 AM	\$62/\$77
45669	Su	1/5-2/16	11:15-11:55 AM	\$62/\$77
45967	Su	1/5-2/16	12-12:40 PM	\$62/\$77
45668	Sa	3/1-4/12	9:45-10:25 AM	\$62/\$77
45670	Sa	3/1-4/12	11:15-11:55 AM	\$62/\$77
45671	Sa	3/1-4/12	9-9:40 AM	\$62/\$77
45672	Su	3/2-4/13	9:45-10:25 AM	\$62/\$77
45673	Su	3/2-4/13	11:15-11:55 AM	\$62/\$77

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn breaststroke and sidestroke. All other previously learned strokes will be refined.

Age: 6+				M/NM
45676	Sa	1/4-2/15	9-9:40 AM	\$62/\$77
45677	Sa	1/4-2/15	11:15-11:55 AM	\$62/\$77
45678	Su	1/5-2/16	9:45-10:25 AM	\$62/\$77
45679	Su	1/5-2/16	11:15-11:55 AM	\$62/\$77
45680	Sa	3/1-4/12	9:45-10:25 AM	\$62/\$77
45681	Su	3/2-4/13	9:45-10:25 AM	\$62/\$77
45682	Su	3/2-4/13	12-12:40 PM	\$62/\$77
45683	Su	3/2-4/13	9-9:40 AM	\$62/\$77

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, back crawl and 15 yards of side stroke, all in good form. Children will work on breaststroke, turns and the dolphin kick in addition to refining other strokes.

Age: 6+				M/NM
45685	Sa	1/4-2/15	9:45-10:25 AM	\$62/\$77
45686	Sa	1/4-2/15	11:15-11:55 AM	\$62/\$77
45687	Su	1/5-2/16	9:45-10:25 AM	\$62/\$77
45688	Su	1/5-2/16	10:30-11:10 AM	\$62/\$77
45689	Sa	3/1-4/12	9-9:40 AM	\$62/\$77
45690	Sa	3/1-4/12	10:30-11:10 AM	\$62/\$77
45691	Su	3/2-4/13	9-9:40 AM	\$62/\$77
45692	Su	3/2-4/13	11:15-11:55 AM	\$62/\$77

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 6+				M/NM
45693	Sa	1/4-2/15	10:30-11:10 AM	\$62/\$77
45694	Su	1/5-2/16	9-9:40 AM	\$62/\$77
45695	Su	1/5-2/16	11:15-11:55 AM	\$62/\$77
45696	Su	1/5-2/16	12-12:40 PM	\$62/\$77
45697	Sa	3/1-4/12	10:30-11:10 AM	\$62/\$77
45698	Su	3/2-4/13	10:30-11:10 AM	\$62/\$77
45699	Su	3/2-4/13	12-12:40 PM	\$62/\$77

Mini Swim Team Prep

Children should be able to swim 25 yards of freestyle and back stroke. A legal competitive breaststroke will be taught as well as an introduction to butterfly. Children are encouraged to take this course prior to registering for swim team.

Age: 5-6				M/NM
45579	W	1/8-2/19	4:40-5:10 PM	\$67/\$84
45578	Th	1/9-2/20	5:40-6:10 PM	\$67/\$84
45580	Tu	2/25-4/8	5:05-5:35 PM	\$67/\$84
45577	Th	2/27-4/10	5:40-6:10 PM	\$67/\$84

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+				M/NM
45619	Sa	1/4-2/15	9:45-10:25 AM	\$62/\$77
45620	Su	1/5-2/16	9:45-10:25 AM	\$62/\$77
45621	Su	1/5-2/16	10:30-11:10 AM	\$62/\$77
45622	Sa	3/1-4/12	11:15-11:55 AM	\$62/\$77
45623	Su	3/2-4/13	9:45-10:25 AM	\$62/\$77
45624	Su	3/2-4/13	10:30-11:10 AM	\$62/\$77
45625	Su	3/2-4/13	11:15-11:55 AM	\$62/\$77

Aquatics

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17				M/NM
45617	Su	1/5-2/16	12-12:45 PM	\$62/\$77
45618	Su	3/2-4/13	12-12:45 PM	\$62/\$77

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+				M/NM
45422	Tu	1/7-2/18	8:20-9:05 PM	\$62/\$77
45421	W	1/8-2/19	8:35-9:20 PM	\$62/\$77
45423	Tu	2/25-4/8	8:20-9:05 PM	\$62/\$77
45424	W	2/26-4/9	8:35-9:20 PM	\$62/\$77

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+				M/NM
45425	W	1/8-2/19	8:35-9:20 PM	\$62/\$77
45426	Th	1/9-2/20	8:20-9:05 PM	\$62/\$77
45427	W	2/26-4/9	8:35-9:20 PM	\$62/\$77
45428	Th	2/27-4/10	8:20-9:05 PM	\$62/\$77

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+				M/NM
45429	Tu	1/7-2/18	8:20-9:05 PM	\$62/\$77
45430	Tu	2/25-4/8	8:20-9:05 PM	\$62/\$77

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+				M/NM
45431	Th	1/9-2/20	8:20-9:05 PM	\$62/\$77
45432	Th	2/27-4/10	8:20-9:05 PM	\$62/\$77

Adult Water Fitness

Aqua Blast

Start your day off right with this fast-paced, early morning deep water exercise class. This no impact, high energy workout will tone your muscles while improving endurance with an emphasis on cardiovascular training. Includes abdominal and barbell work. Equipment will be provided.

Age: 18+				M/NM
45435	Tu & Th	1/7-4/10	6:35-7:20 AM	\$131/\$158

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+				M/NM
45436	F	1/10-4/11	10:15-11 AM	\$66/\$80



Aquatics

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 16+				M/NM
45437	M & W	1/6-4/9	8:30-9:15 AM	\$131/\$158
45439	Tu & Th	1/7-4/10	8:30-9:15 AM	\$131/\$158
45440	Tu & Th	1/7-4/10	9:15-10 AM	\$131/\$158
45438	W & F	1/8-4/11	8:30-9:15 AM	\$131/\$158
45441	F	1/10-4/25	8:30-9:15 AM	\$66/\$80

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
45444	M	1/6-4/7	9:15-10 AM	\$66/\$80
45445	W	1/8-4/9	9:15-10 AM	\$66/\$80

Aqua Sculpt

This class utilizes the whole pool creating a total body workout. The shallow water offers a low-impact strengthening program where the focus is on form. The deep water enables you to step up the intensity and work on core muscles and power to develop a high level of fitness without impact.

Age: 14+				M/NM
45446	M & W	1/6-4/9	10:15-11 AM	\$131/\$158
45448	M	1/6-4/7	10:15-11 AM	\$66/\$80
45447	W	1/8-4/9	10:15-11 AM	\$66/\$80

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
45761	Th	1/9-4/10	10:15-11 AM	\$66/\$80
45449	F	1/10-4/11	9:15-10 AM	\$66/\$80

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
45502	Tu	1/7-4/8	10:10-10:55 AM	\$66/\$80
45504	Tu & Th	1/7-4/10	10:10-10:55 AM	\$131/\$158
45503	Th	1/9-4/10	10:10-10:55 AM	\$66/\$80

Deep Water Workout

Enjoy a class which is taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Flotation belts are used.

Age: 16+				M/NM
45505	M	1/6-4/7	9:15-10 AM	\$66/\$80
45506	W	1/8-4/9	9:15-10 AM	\$66/\$80
45508	F	1/10-4/11	9:15-10 AM	\$66/\$80
45507	Tu	1/7-4/8	7:35-8:20 AM	\$66/\$80
45509	Th	1/9-4/10	7:35-8:20 AM	\$66/\$80

H2O Walking

Did you know thirty minutes of water walking equals two hours of land walking? Join this fitness program which includes walking in waist-to-chest deep water using different steps and directions at varying speeds to achieve cardio-respiratory fitness. Taught in chest deep and shallow water. Music is used.

Age: 15+				M/NM
45570	M	1/6-4/7	9:20-10:05 AM	\$66/\$80
45572	W	1/8-4/9	9:20-10:05 AM	\$66/\$80
45574	F	1/10-4/11	9:20-10:05 AM	\$66/\$80
45571	Tu	1/7-4/8	7:35-8:20 AM	\$66/\$80
45573	Th	1/9-4/10	7:35-8:20 AM	\$66/\$80

SWIM CENTER CLOSED

JANUARY 1st
NEW YEAR'S DAY

Aquatics

Swim 4 Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. Students must be able to swim 100 yards without stopping. Equipment needed: fins, hand paddles and pull buoys.

Age: 15+				M/NM
45615	Th	1/9-4/10	11:10-11:55 AM	\$70/\$86
45613	Tu	1/7-4/8	11:10-11:55 AM	\$70/\$86
45614	Tu	1/7-4/8	9:15-10 AM	\$70/\$86
45616	Th	1/9-4/10	9:15-10 AM	\$70/\$86

Triathlon Swim Clinic

Designed to develop endurance and speed with swim practice that focuses on proper breathing, stroke efficiency, technique drills, sighting, drafting, passing, mass start simulation and close contact swimming. We will also discuss open water swim tips, start and finish tips and exercises to improve core and swim-specific strength.

Age: 16+				M/NM
45626	Su	1/5-2/16	8:05-8:55 AM	\$60/\$70
45627	Su	3/2-4/13	8:05-8:55 AM	\$60/\$70

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improving cardiovascular fitness are also emphasized.

Age: 14+				M/NM
45628	M & W	1/6-4/9	9:15-10:15 AM	\$147/\$185
45629	Tu & Th	1/7-4/10	8:30-9:30 AM	\$147/\$185

Triathlete Swim Endurance Development

Coached, structured workouts are designed to develop endurance and technique for open water environments, with a focus on endurance. Participants are expected to have attained a reasonable level of swim proficiency and are capable of swimming 200 meters freestyle without stopping.

Ages 16+				M/NM
45765	Su	1/5-2/16	7-8:30 PM	\$93/\$105

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+				M/NM
45420	Tu & Th	1/7-4/10	2:05-2:50 PM	\$63/\$78

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+				M/NM
45585	M, W & F	1/6-4/11	10:10-10:55 AM	\$95/\$117

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced.

Age: 60+				M/NM
45584	M, W & F	1/6-4/11	11:05-11:50 AM	\$95/\$117

Senior Exercise Swim

Stop those aches and pains? Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is an ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+				M/NM
45586	M & W	1/6-4/9	2:35-3:20 PM	\$63/\$78

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 18+				M/NM
45450	Tu & Th	1/7-4/10	10:10-10:55 AM	\$147/\$185

Aquatics

Dash and Splash

Looking for a fun challenge? Earn some bragging rights by competing in this event which consists of a 20 minute walk/run on a treadmill followed by a 20 minute swim. You will have 10 minutes to transition between stations. Winners in each age group will be determined by the total distance logged during the competition. Don't be late! Your wave starts and ends on time!

Age: 15+				M/NM
45485	Sa	2/22	8:30-8:50 AM	\$15/\$20
45486	Sa	2/22	9-9:20 AM	\$15/\$20
45487	Sa	2/22	9:30-9:50 AM	\$15/\$20
45488	Sa	2/22	10-10:20 AM	\$15/\$20
45489	Sa	2/22	10:30-10:50 AM	\$15/\$20
45490	Sa	2/22	11-11:20 AM	\$15/\$20
45491	Sa	2/22	11:30-11:50 AM	\$15/\$20
45492	Su	2/23	7:30-7:50 AM	\$15/\$20
45493	Su	2/23	8-8:20 AM	\$15/\$20
45494	Su	2/23	8:30-8:50 AM	\$15/\$20
45495	Su	2/23	9-9:20 AM	\$15/\$20
45496	Su	2/23	9:30-9:50 AM	\$15/\$20
45497	Su	2/23	10-10:20 AM	\$15/\$20
45498	Su	2/23	10:30-10:50 AM	\$15/\$20
45499	Su	2/23	11-11:20 AM	\$15/\$20
45500	Su	2/23	11:30-11:50 AM	\$15/\$20
45501	Su	2/23	12-12:20 PM	\$15/\$20

Rockville Master's Swimming

Its designed for swimmers who are competing in the Master's Program of U.S. Swimming, Inc. Those participating in the RMSC group will not be required to attach to RMSC for team purposes. Enjoy a structured workout with a professional coach. Participants are expected to have attained a reasonable level of proficiency in at least two of four competitive strokes.

Age: 18+				M/NM
45581	M, W & F	1/6-4/11	6:30-7:30 AM	\$179/\$219
45582	M & W	1/6-4/9	6:30-7:30 AM	\$133/\$165
45583	M	1/6-4/7	6:30-7:30 AM	\$78/\$95



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be cancelled.

REGISTER EARLY!



Women's Synchronized Swimming

Join us and combine swimming and exercise at the same time. This exciting program will teach water movements and the strokes you need. Class may be split according to ability.

Age: 18+				M/NM
45631	Tu	1/7-4/8	9:40-11 AM	\$96/\$121

Certification and Training

Note: For the certification and training classes, there is one fee for members and nonmembers.

Lifeguard Training

Participants must be 15 years old by the completion of the course and must attend all classes. Applicants must pass a pre-test (300 yard swim: 100 front crawl, 100 breaststroke, 100 front crawl or breaststroke; and a deep water brick retrieval within 100 seconds). This American Red Cross course will begin at the conclusion of the pre-test. Upon successful completion students will be issued certification in Lifeguarding, First Aid and CPR.

Age: 15+				M/NM
45576	Th	3/20-4/15	7-10:30 PM	\$195
45575	M,W & F	4/14-4/20	4-10 PM	\$195



Cultural Arts

15th Annual **GLENVIEW MANSION BRIDAL EXPO**

SUNDAY, JAN. 26
NOON – 4 P.M.

MORE THAN 30 VENDOR EXHIBITS AND
SAMPLES ON DISPLAY SPECIALIZING IN:

- CATERING
- WEDDING CAKES
- PHOTOGRAPHY
- MUSICAL ENTERTAINMENT
- FLORAL ARRANGEMENTS

INFORMAL MODELING THROUGHOUT
THE AFTERNOON FEATUREING THE
LATEST WEDDING GOWN STYLES
FROM FAIRYTALE BRIDES,
A NEW SHOP IN ROCKVILLE.

\$5 ADMISSION AT THE DOOR

Glenview Mansion
AT ROCKVILLE CIVIC CENTER PARK

603 EDMONSTON DRIVE
ROCKVILLE MD 20851
WWW.ROCKVILEMD.GOV/GLENVIEW
240-314-8660

Photo by J. Stuart Harris Photography

MEET **Susan Klise**



Making each Rockville Civic Center customer feel special, Susan shares her smile, professionalism and knowledge with all who call, visit or email.

Need to know more about Glenview Mansion for a wedding, looking for a meeting space for your business or perhaps a place for a family gathering ... just contact Susan Klise, she will be happy to help you as she matches your needs to Glenview Mansion, the F. Scott Fitzgerald Theatre, a City park, Elwood Smith Recreation Center, the Pump House Community Center or the Civic Center Cottage.

GLENVIEW MANSION

National Register of Historic Places

Enjoy the 1926 grandeur of the
Mansion and formal gardens.

**Discover Rockville's Hidden Treasure
in Rockville Civic Center Park**

Special rental discounts for
Rockville residents and businesses.



240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive

Cultural Arts

ROCKVILLE Student Art Show



Open to students who live or attend school within City of Rockville corporate limits (Grades K-12).

Students may submit one 2-D or 3-D work of art in any medium. Judging for ribbon awards, by grade level (Grades 4-12).



Registration/Delivery of Artwork
Sunday, Feb. 23, 1:30-3:30 p.m.

Glenview Mansion Art Gallery
Rockville Civic Center Park
603 Edmonston Drive, Rockville, MD 20851

Opening Reception
Sunday, March 2, 1:30-3:30 p.m.
Student Artwork on Exhibit
March 2 – 14

240-314-8682
www.rockvillemd.gov/arts



Glenview Mansion Art Gallery

2nd floor winter exhibits

DEC. 8-28

Rockville Art League - Juried Members' Show
Opening Reception/Sunday, Dec. 8, 1:30-3:30 p.m.

JAN. 5-24

The Pate Painters
Acrylics, Oil, Watercolor and Collage
Opening Reception/Sunday, Jan. 5, 1:30-3:30 p.m.

FEB. 2-21

Gordana Gerskovic – Experimental Photography
Washington Wax Work – Encaustic
William Pierce – Wood Vessels
Opening Reception/Sunday, Feb. 2, 1:30-3:30 p.m.

MARCH 2-14

Rockville's Annual Student Art Show
Registration/Artwork Delivery
Sunday, Feb. 23, 1:30-3:30 p.m.
Opening Reception/Sunday, March 2, 1:30-3:30 p.m.

FREE – Open to the Public
240-314-8682 | www.rockvillemd.gov/arts



JOIN US FOR THE
Holidays



Rockville Concert Band
Sunday, Dec. 22, 3 p.m.

Holiday Traditions

For information: 240-314-8681



Rockville Chorus
Holiday Concert

Sunday, Dec. 22, 7:30 p.m.

For information: 240-314-8682

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

No tickets required \$5; suggested donation.
240-314-8682

Cultural Arts



Sunday Afternoon

CONCERT SERIES

GLENVIEW MANSION

1st Floor Conservatory

DEC. 8, 1-4 P.M.

HOLIDAY OPEN HOUSE

Featuring a variety of musical performances
and beautiful holiday decorations.



JAN. 5, 2 P.M.

Billy Finch presents

GETTYSBURG THE MUSICAL!

Zany antics ensue - Rodney Dangerfield plays
Gen. George Meade, Frank Sinatra is
Gen. Robert E. Lee, Mr. & Mrs. John Burns are
played by Ralph & Alice Kramden, Elvis is Elvis and
Jack Nicholson stands in for Union Jack!

FEB. 2, 2 P.M.

ENSEMBLE GAUDIOR

To perform masterpieces of chamber music
from the Baroque and Classical eras
using antique period instruments.

FREE – No tickets required.

240-314-8682

www.rockvillemd.gov/arts

Cultural Arts

Rockville Regional Youth Orchestra Winter Concert



**TUESDAY, JAN. 28
7:30 P.M.**

F. Scott Fitzgerald Theatre
Rockville Civic Center Park

Open to the public – No tickets required.
240-314-8682
www.rockvillemd.gov/arts



AUDITIONS

FOR THE

Rockville Regional Youth Orchestra

Rockville's own student orchestra

Tuesday, Feb. 5 | 5:30 p.m.

Great opportunity for music students
to participate in a Level II youth orchestra

Plus, we have fun!



RRYO is comprised of violins, violas, cellos, string bass, flute, clarinets, oboes, bassoons, trumpets, trombones, French horns, low brass and percussion.

To audition, you must:

- be a student in grades 4-9
- call 240-314-8682 for an audition time
- pay a \$15 audition fee
- play a solo selection, scales and sight read

Membership requirements include:

- attending weekly rehearsal on Tuesday evenings,
- tuition fee of \$150/residents; \$185/non-residents;
- performing at the F. Scott Fitzgerald Theatre with the RRYO on May 27

240-314-8682 | www.rockvillemd.gov/arts

Cultural Arts

ROCKVILLE CIVIC BALLET

Claudia Mangan, Director



"The Nutcracker"

Saturdays, Dec. 7 and 14
2 p.m. and 7:30 p.m.

Sundays, Dec. 8 and 15
2 p.m.



"Spring Production"

Saturday, March 8, 7:30 p.m.

Sunday, March 9, 2 p.m.

TICKETS \$17 Adults; \$13 Children (ages 12 and younger)
\$13 Seniors (ages 60 and older)

GROUP RATES \$16.50 - seven or more Adult tickets
\$12.50 - 10 or more Children/Senior tickets

Assigned seat tickets may be purchased in-person, by phone, or by mail order at the F. Scott Fitzgerald Theatre Box Office beginning February 11.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

FOR TICKETS: 240-314-8690

ROCKVILLE CONCERT BAND

John Saint Amour, Director

2014 CONCERT SERIES



"SWING! SWING! SWING!"

Rockville Swing Band - Guest Ensemble
Feb. 9 at 3 p.m.

"COMPOSER SPOTLIGHT: ELLIOT DEL BORG AND FRIENDS"

March 16 at 3 p.m.

"MUSIC FOR ALL AGES: ANIMATED II"

April 13 at 3 p.m.



No tickets required;
\$5 suggested donation.

F. Scott Fitzgerald Theatre
Rockville Civic Center Park
For information: 240-314-8681

www.rockvillemd.gov/arts

Cultural Arts

F. Scott Fitzgerald Theatre

Rockville Civic Center Park

603 Edmonston Drive,
Rockville, MD 20851

240-314-8690

Box Office is open
Tuesday-Saturday, 2-7 p.m.
and two hours prior
to ticketed shows.

Rockville Concert Band

Holiday Traditions

Dec. 22 at 3 p.m.

No tickets required; \$5 suggested donation.

Rockville Chorus

Holiday Songs for a Winter's Night

Dec. 22 at 7:30 p.m.

No tickets required; \$5 suggested donation.

Join us afterward for punch and cookies!

Rockville Little Theatre

An Inspector Calls

Jan. 24, 25, 31 and Feb. 1 at 8 p.m.

Jan. 26 and Feb. 2 at 2 p.m.

Tickets: \$16-\$18

Rockville Regional Youth Orchestra

Winter Performance

Jan. 28 at 7:30 p.m.

No tickets required; \$5 suggested donation.

Join us afterward for punch and cookies!

Duquesne University

Tamburitzans!

Feb. 8 at 7 p.m.

Tickets: \$30-\$35

Rockville Concert Band

Swing! Swing! Swing!

Feb. 9 at 3 p.m.

No tickets required; \$5 suggested donation.

Victorian Lyric Opera Company Orchestra

Yeomen of the Guard

Feb. 20, 21, 22, 28 and Mar. 1 at 8 p.m.

Feb. 23, Mar. 2 at 2 p.m.

Tickets: \$16-\$24

www.rockvillemd.gov/theatre

Financial Assistance

Rockville Youth Recreation Fund

Ages 18 and younger

Scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year. Any remaining balance must be paid by the participant. Financial assistance must be applied for in person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Documents Needed for Financial Assistance:

Participants must provide verification of any of the following:

Award letter from Maryland Dept. of Human Resources/ Montgomery County Dept. of Social Services verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps, Medical Assistance and/or Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits. (We do not accept Medicaid cards, FARM cards or Care for Kids.)

Proof participant resides in a shelter: Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.

Proof of Rental Assistance - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.

Supplemental Security Income - Document must be dated within one year of application.

Financial assistance is available for Rockville residents, ages 19 and older, based on income. For additional information, please call 240-314-8620.

How to



Online

24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at "www.rockvillemd.gov/recreation."

Online Donation Course #s

\$ 25 - #43998
\$ 50 - #43999
\$ 75 - #44000
\$100 - #44001

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above.

Donations by check may be made out in any amount.

Mail to Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

Beall ES, 451 Beall Ave. 20850

Broome Gym and Park, 751 Twinbrook Pkwy. 20851

Calvin Park, 1248 Gladstone Dr. 20851

City Hall, 111 Maryland Ave. 20850

Civic Ctr. Park, 603 Edmonston Dr. 20851

- F. Scott Fitzgerald Theatre • Social Hall
- Glenview Mansion
- Cottage • Rec. Serv. Bldg.

College Gardens ES, 1700 Yale Pl. 20850

College Gardens Park, 615 College Pkwy. 20850

Croydon Creek Nature Ctr., 852 Avery Rd. 20851

David Scull Park, 1131 First St. 20850

Dogwood Park, 800 Monroe St. 20850

Elwood Smith Rec. Ctr., 601 Harrington Rd. 20852

Fallsmead ES, 1800 Greenplace Ter. 20854

Hillcrest Park, 1150 Crawford Dr. 20850

Julius West MS, 651 Falls Rd. 20850

Kicks Karate, 800 Pleasant Dr., Suite #140, 20850

King Farm Com. Rm., 800 Pleasant Dr., #200, 20850

King Farm Park, 401 Watkins Pond Blvd. 20850

Lakewood ES, 2534 Lindley Ter. 20850

Lincoln Park Com. Ctr., 357 Frederick Ave. 20850

Mark Twain Park, 14501 Avery Rd. 20853

MarVa Tots'n Teens, 5636 Randolph Rd. 20852

Maryvale ES/Park, 1000 First St. 20850

Mattie J.T. Stepanek Park, 1800 Piccard Dr. 20850

Meadow Hall ES, 951 Twinbrook Pkwy. 20851

Montrose Com. Ctr., 451 Congressional Ln. 20852

Monument Park, 550 Maryland Ave. 20850

Potomac Woods Park, 2276 Dunster Ln. 20854

Pump House Com. Ctr., 401 S. Horners Ln. 20850

RedGate Golf Course, 14500 Avery Rd. 20853

Richard Montgomery HS

250 Richard Montgomery Dr. 20850

Ritchie Park ES, 1514 Dunster Rd. 20854

Robert Frost MS, 9201 Scott Dr. 20850

Rockcrest Ballet Ctr., 1331 Broadwood Dr. 20851

Rock Terrace School, 390 Martins Ln. 20850

Rockville Skate Park (at Welsh Park),

355 Martins Ln. 20850

Rockville Fencing Academy, 15221 Display Ct. 20850

Rockville Senior Ctr., 1150 Carnation Dr. 20850

Rockville Swim and Fitness Center

355 Martins Ln. 20850

The Little Gym, 1071 Seven Locks Rd. 20854

Thomas Farm Com. Ctr., 700 Fallsgrrove Dr. 20850

Thrive Yoga, 1321-B Rockville Pk. 20852

Twinbrook ES, 5700 Ridgway Ave. 20851

Twinbrook Com. Rec. Ctr.

12920 Twinbrook Pkwy. 20851

Welsh Park, 344 Martins Ln. 20850

Woodley Gardens Park, 900 Nelson St. 20850



Phyllis Marcuccio, Mayor

Councilmembers

John F. Hall, Jr., Tom Moore,
Bridget Donnell Newton, Mark Pierzchala

Barbara B. Matthews, City Manager

Christine Henry, Director of Recreation and Parks

Betsy Thompson, Superintendent of Recreation

Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The City is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620 three weeks prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8100; TTY 240-314-8137.

We Need Your Support



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

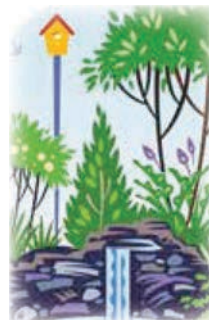
- Improve recreational activities, programs, parks and facilities;
- Support the Rockville Youth Recreation Fund;
- Assist with fundraising, the acquisition and maintenance of new parks and open space; and
- Purchase equipment and other amenities for the City's parks and facilities.



Contributions online or mailed to:

107 W. Jefferson St.,
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Your gift, grant or promised bequest is a tax-deductible contribution.



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.



Emergency Weather Policy

www.rockvillemd.gov/weather.html

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a City program, meeting or facility, every attempt is made to maintain standard operations throughout the City.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes - Standing Policy

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. 240-314-5023 (information line)

Swim and Fitness Center - Standing Policy

Early Bird Swim – The Swim and Fitness Center will not open for Early Bird Swim when federal employees have been advised of an “unscheduled leave policy.” 240-314-8750

Winter Holidays

New Year's Day
Jan. 1

Martin Luther King Day
Jan. 20

President's Day
Feb. 17



Check on "Rock Enroll" or with instructor for class cancellation.

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips	240-314-8620
Croydon Creek Nature Center	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center	240-314-5047
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course	240-406-1650
Rockville Skate Park	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion	240-314-8660
F. Scott Fitzgerald Theatre Box Office	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line)	240-314-5055
Thomas Farm Community Center	240-314-8840
Twinbrook Community Rec. Center	240-314-8830
TTY (City Hall)	240-314-8137

**A resource for children's activities,
classes and sports in Montgomery County**

**CLIMB
ABOARD
THE ROCKET**

activityrocket.com



MAIN CONTACT: *required information*Home/Cell Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Work Phone _____ *Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:

Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. 13-14 Grade	Fee

Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____

Additional Contribution to Recreation Fund: \$ _____

Total: \$ _____

Special Needs: Participants with special needs should contact our office three weeks prior to activity.

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian _____

PAYMENTAmount Paid \$ _____ Cash ☐ Check # _____

Exp. Date ____/____/____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo particular/celular: _____ ☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

Nombre _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar 13-14 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina tres semanas antes de desarrollar la actividad.

Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor 

PAGO

Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____



Vencimiento Fecha ____ / ____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$

Four Easy Ways to Register!

Registration Begins:

- Resident/member mail, fax, walk-in, internet:
Thursday, Dec. 5, 8:30 a.m.
- Nonresident/nonmember mail, fax, walk-in, internet:
Thursday, Dec. 12, 8:30 a.m.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- A refund or credit can be issued for medical reasons. Requests should be submitted in writing and accompanied by a letter from your physician. The following administrative fees are charged for issuing refunds: programs/classes - \$10; childcare - \$50; senior programs - \$10; sports teams - \$100, individual players - \$10; trips - \$10. No fee will be charged when a family account is credited or if you transfer to another program. Refunds will be prorated if a program has started. Credits will be given for registrations under \$20 (exception: senior programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on



2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

City of Rockville
111 Maryland Avenue
Rockville, Maryland 20850-2364

PRESORTED
STANDARD
U.S. POSTAGE PAID
Rockville, MD
Permit No. 63

ECR WSS
Current Resident

Summer Camps 2014

**Look for the
Camp Guide
on or around
Jan. 3.**

Save ^{the} Dates

**Camp Registration Begins
Tuesday, Jan. 21**

**Camps Begin
Monday, June 16**

**240-314-8620
www.rockvillemd.gov/camps**



**The Camp Guide will be available at
www.rockvillemd.gov/recreation
and all city facilities beginning Jan. 3.**



City of
Rockville
Get Into It